



REDUCED CARBOHYDRATE MEAL

Teriyaki salmon

INGREDIENTS (1 serving)

- 25g (0.8oz) whole wheat spaghetti
- 10g (0.4oz) coconut oil
- 370g (13oz) skinless salmon fillet
- 2 scallions, sliced
- 2cm fresh ginger, grated
- 30ml (1 fl. oz) low sodium soy sauce
- 20ml (0.6 fl. oz) sesame oil
- 1 lime, zested and juiced
- 245g (8.7oz) zucchini, spiralized or sliced to make long noodles

If you don't have a spiralizer, make the zucchini noodles by using a peeler to create long thin ribbons of zucchini, which you can then stack up and slice with a knife into noodle-like strips. Most shops stock pre spiralized zucchini – so keep your eyes peeled.

METHOD

Bring a saucepan of water to the boil.

Cook your spaghetti in the boiling water as per packet instructions. Drain and set to one side.

Heat half the coconut oil in a frying pan over a medium to high heat. When the oil is melted and hot, slide in the salmon and fry for 2-3 minutes on each side or until lightly browned and almost cooked through.

Meanwhile mix together the scallions, ginger, soy sauce, sesame oil, lime juice and zest. Pour this into the pan with the salmon and let it bubble up, then remove the pan from the heat.

In another frying pan, heat the remaining coconut oil over a high heat. Gently add the zucchini noodles and spaghetti, lightly toss for 1-2 minutes, just to warm them through.

Plate up the noodles, top with the teriyaki salmon and enjoy.