

# HERB & LEMON CRUST SALMON



## QUICK

10 mins prep  
time

## HEALTHY

Salmon is a great source of omega-3 – needed for healthy cardiovascular, pulmonary, immune and endocrine systems

## FAMILY



## MEALS

Delicious served with boiled potatoes and salad

## INGREDIENTS

- 5 salmon fillets
- Zest of 2 lemons
- 50g fresh herbs – chives or parsley
- 50g wholemeal breadcrumbs
- 1 tsp olive oil
- 1 garlic clove

## METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Season your salmon and lay on an oven tray
- 3) Finely chop the herbs – put into a bowl
- 4) Add the minced garlic, lemon zest, olive oil and breadcrumbs – mix well
- 5) Lay the mix over the salmon
- 6) Bake in the oven for approx. 18 minutes
- 7) Served with the lemons sliced into wedges – squeeze the juice over
- 8) Enjoy



@quickhealthyfamilymeals



To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to [www.quickhealthyfamilymeals.com](http://www.quickhealthyfamilymeals.com)