

Chili Salmon With Spinach Recipe

Prep time: 5 mins

Cooking time: 20 mins

Ingredients:

- Olive oil
- 650 g salmon, in pieces
- salt and pepper
- 125ml light mayonnaise or light sour cream
- 1 tbsp chili paste
- 30 g parmesan cheese, grated
- 450 g fresh spinach

Method:

1. Preheat the oven to 200°C.
2. Spray a baking dish with olive oil. Season the salmon with salt and pepper, and place in the baking dish, skin-side down.
3. Mix mayonnaise, chilli paste and parmesan cheese and spread on the salmon filets.
4. Bake for 15–20 minutes, or until the salmon is opaque and flakes easily with a fork.
5. Meanwhile, sauté the spinach until it's wilted, about 2 minutes. Season with salt and pepper.
6. Serve immediately with the oven-baked salmon.



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