



Courgette Noodles with Salmon

2 servings

20 minutes

Ingredients

170 grams Salmon Fillet
1 cup Basil Leaves
1/4 cup Extra Virgin Olive Oil
1 Garlic (clove, minced)
1 Anchovy
1/2 tsp Lemon Juice
1/8 tsp Sea Salt
2 cups Arugula (Rocket)
1 Zucchini (Courgette) (large, spiralized into noodles)

Nutrition

Amount per serving	
Calories	393
Fat	33g
Saturated	5g
Carbs	5g
Fiber	2g
Sugar	3g
Protein	20g
Cholesterol	48mg
Sodium	273mg
Potassium	827mg
Vitamin A	1824IU
Vitamin C	25mg
Calcium	103mg
Iron	2mg
Vitamin D	1IU
Vitamin E	4mg
Folate	79µg
Vitamin B12	2.7µg
Magnesium	67mg

Directions

- 1 Place the salmon fillet on a baking sheet. Grill on high for 5 to 6 minutes until cooked through and flaky. Let it cool slightly and then slice into bite-sized pieces.
- 2 In a blender or food processor, add the basil, extra virgin olive oil, garlic, anchovy, lemon juice and sea salt. Blend until smooth.
- 3 In a pan over medium heat, add the rocket and cook until just wilted. Remove and set aside. Add the courgette noodles and cook for 3 to 4 minutes. Plate the noodles with the rocket and salmon and drizzle the sauce on top. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the noodles and sauce separately.

More Flavor: Add nutritional yeast or chili flakes.

Additional Toppings: Add extra sliced basil leaves on top.

No Anchovy: Omit.

No Spiraliser: Use a potato peeler to peel the courgette. You can buy cheap hand held spiralisers (e.g. in Robert Dyas)

Zinc	1mg
Selenium	33µg