

# Soy Salmon & Broccoli Traybake

Broccoli is a good source of fibre and protein, and contains iron and salmon is rich in Omega-3 Fatty Acids.

*Nutritional Info (per serving): 310 calories, carbs 3g, fat 17g, protein 35g*



*Photo by Olivia Herlambang-Tham on Unsplash*

## Ingredients (serves 4) <sup>1</sup>

4 skin-on salmon fillets  
1 head broccoli , broken into florets  
juice ½ lemon , ½ lemon quartered  
small bunch spring onions , sliced  
2 tbsp soy sauce

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<sup>1</sup> Recipe by [bbcgoofood.com](https://www.bbcgoofood.com)

## Method

Heat oven to 180C/160C fan/gas 4.

Put the salmon in a large roasting tin, leaving space between each fillet.

Wash and drain the broccoli and, while still a little wet, arrange in the tray around the fillets.

Pour the lemon juice over everything, then add the lemon quarters.

Top with half the spring onions, drizzle with a little olive oil and put in the oven for 14 mins.

Remove from the oven, sprinkle everything with the soy, then return to the oven for 4 mins more until the salmon is cooked through.

Sprinkle with the remaining spring onions just before serving.



GALLANACH