

## Sesame Salmon (serves 4)

4 fillets salmon, skinless

3 cloves garlic, minced

1 thumbnail sized chunk fresh ginger, grated

3 teaspoons sesame seeds

3 sliced spring onions

3 teaspoons tamari soy sauce

juice of 1 lemon

Preheat oven to 180 degrees C.

Place the salmon fillets in an oven proof dish, cover with rest of ingredients and allow to marinate in the fridge for at least 10 minutes. Bake in the centre of the oven for approx. 10 minutes until fish is cooked through but not dry.



Serve with :

## Avocado and Tomato Salad (serves 4)

Flesh of 2 ripe Hass avocados, cubed

1 red onion, diced finely

1 large bunch of washed and dried coriander, chopped

1 punnet of sweet cherry tomatoes, halved

juice of 1 lime

black pepper and sea salt

Combine all of the ingredients in a large bowl.