

HEALTHY COOKING

▶ SALMON WITH DILL AND CAPER DRESSING

SERVES 2

INGREDIENTS

- ▶ 2 x 150g salmon fillets
- ▶ 1 Tbs sour cream
- ▶ 1 Tbs capers, drained
- ▶ 2 tsp fresh dill, chopped
- ▶ 1 tsp lime or lemon juice
- ▶ 2 tsp olive oil



Mix sour cream, capers, dill and lime/lemon juice in a small bowl. In a heated pan add oil and salmon fillets, cook until browned on both sides and cooked as desired. Serve with dill and caper dressing and 2 cups steamed vegetables of your choice (vegetables not included in nutritional analysis).

Each serving:

Protein: 30g | Carbohydrate: 1g