

DELICIOUS RECIPES TO AID BEAUTY, HEALTH & BALANCE

SERVES ONE

# Steamed Pesto Salmon

- ❖ 1 fillet Salmon
- ❖ 1 heaped tsp of red or green organic pesto
- ❖ Green vegetables to steam  
*(e.g. broccoli, courgette, asparagus) enough to fill ¼ of your plate (or more if you want)*

1. Cover the salmon fillet with pesto.
2. Steam in a stainless steel or bamboo steamer for 7-10mins.
3. At the same time in a basket stacked on top, steam your greens for 10-12 mins.
4. Serve salmon and vegetables together; melt a little organic butter or coconut oil over your greens to enhance nutrient absorption.

**PREP TIME: 2 MINS**    **COOK TIME: 7-10 MINS**

