

## **Warm Potato and Salmon Salad**

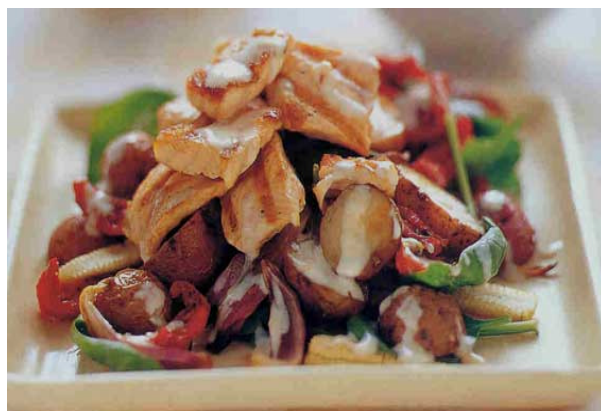
**Prep Time:** 30 minutes  
**Cooking Time:** 45 minutes  
**Serves:** 4

### **Ingredients:**

600g salmon fillet  
500g baby (new) potatoes or sweet potato, halved  
Olive oil cooking spray  
100g baby spinach leaves, washed  
100g semi-dried tomatoes  
100g baby corn

### **Dressing**

4 tablespoons reduced fat natural yoghurt  
3 tablespoons sweet chilli sauce  
2 tablespoons lemon juice



### **Method:**

- Preheat oven to 200°C
- Remove any visible bones from the fillet and cut the salmon into large cubes
- Put the potatoes in a large baking dish, lightly spray with olive oil spray and cook for 30 minutes, turning a couple of times during cooking
- Add the baby corn to the potatoes and cook for 10 minutes or until the potatoes and corn is tender
- Turn the oven off and keep the vegetables warm
- Lightly spray a Chargrill with olive oil spray and cook the salmon cubes over a high heat for 3-4 minutes or until just tender and golden
- Put the yoghurt, sweet chilli sauce and lemon juice in a small jug and whisk well
- Put the potatoes, corn, spinach and semi-dried tomatoes in a bowl and toss to combine
- Arrange the salad on individual plates, top up with hot salmon pieces and drizzle with the dressing

### **Nutritional Information**

Per Serve

Energy	33kj 51cal
Protein	28.0g
Carbohydrate	5.0g
Fiber	5.0g
Sodium	230mg

*Adapted from "Deliciously Healthy Cookbook", Heart Foundation*