

# ROASTED CURRY SALMON AND TOMATOES

THIS EASY PROTEIN-PACKED MEAL CAN BE MADE IN ONLY 20 MINUTES.



© hrmbasketball • 2021

www.hrmbasketball.com

Recovery Jups

Omega-3 found in salmon makes this recipe great to have after a game. Omega-3 is known for its antiinflammatory properties and there is no system within the body that does not benefit from it. Salmon is also a protein source which is vital for repairing those muscles after a tough game or training session.

Recipe

Hands-On Time: Total Time: Serving:

#### **INGREDIENTS**:

- $\cdot$  White rice (1 cup)
- $\cdot$  Grape tomatoes (1 pint)
- $\cdot$  Olive oil (1 tablespoon)
- $\cdot$  Rock salt
- · Black pepper
- $\cdot$  Salmon fillet (1 1/2 pound skinless)
- · Curry powder (2 teaspoons)
- $\cdot$  Fresh basil (1/4 cup, torn)

20 minutes 20 minutes 4

www.hrmbasketball.com

### METHOD:

Step 1:

Preheat your oven to 205°C (400°F). Line a baking tray with parchment paper.

### Step 2:

According to the packet directions, cook the rice.

## Step 3:

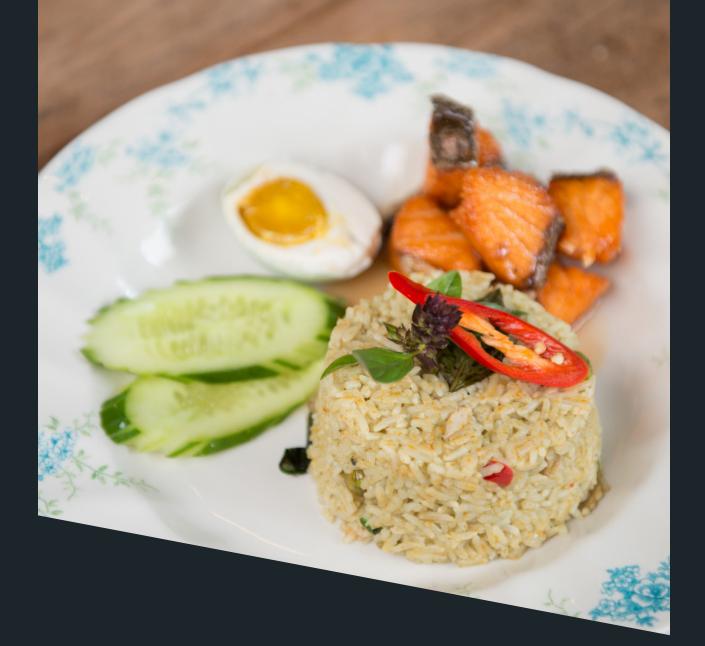
In the meantime, add the tomatoes, 1/4 teaspoon salt, 1/4 teaspoon pepper, and oil on the prepared baking tray. Place the salmon amid the tomatoes. Sprinkle curry powder, 1/4 teaspoon pepper, and 1/2 teaspoon salt. Roast for 15-18 minutes, until the tomatoes are mushy and the salmon is non-transparent.

Step 4:

Serve the tomatoes and salmon over the rice. Sprinkle with basil.

NUTRITIONAL INFORMATION	
Calories	509
Fat	16 g
Protein	43 g
Carbs	34 g
Fibre	2 g

#### www.hrmbasketball.com



# 



www.hrmbasketball.com

C hrmbasketball · 2021