



ROASTED CURRY SALMON AND TOMATOES

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



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Recovery Tips

Omega-3 found in salmon makes this recipe great to have after a game. Omega-3 is known for its anti-inflammatory 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:	20 minutes
Total Time:	20 minutes
Serving:	4

INGREDIENTS:

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

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



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