

## 53 Baked salmon with spinach, leeks and avocado dressing

### Oven recipe

Total time: 40 minutes

Servings: 4

Salmon and avocado are both high in omega-3 fatty acids, particularly if the salmon is organically raised or wild.

### Ingredients

2 leeks, washed, trimmed and sliced  
300 gm fresh baby spinach leaves  
1 tbl oil  
2 prepared garlic cloves or ¼ tsp garlic powder  
1 tbl grated fresh root ginger or ¼ tsp ground ginger  
juice of ½ lemon or 1½ tbl lemon juice  
4 x 100 gm salmon fillets  
4 small new potatoes, scrubbed  
fresh coriander leaves for garnish (optional)

#### *Avocado dressing*

1 ripe avocado  
60 ml plain yogurt  
juice of 1 lemon or 3 tbl lemon juice  
2 prepared garlic cloves or 1/8th tsp garlic powder  
1 tbl oil

### Instructions

- Preheat the oven to 200 °C.
- Steam the leeks for 15 minutes
- Meanwhile line a medium-sized baking tray with greaseproof paper and place the spinach leaves in it.
- Mix the oil, garlic, ginger and lemon juice in a cup.
- Boil the potatoes for 20 minutes
- Meanwhile place the steamed leeks in the tray and lay the salmon fillets on top.
- Drizzle the oil and flavourings over the fish.
- Place the tray in the oven for 15 minutes.

#### *Avocado dressing*

- Cut the avocado in two, scoop out the soft flesh and put it in a food blender or a bowl.
- Add the other ingredients and blend or mash with a spoon to a smooth cream.

### Tips

- Serve with the potatoes and avocado dressing, garnished with coriander leaves if liked.
- If the salmon fillets are very large, cut them in half and use half the number.
- Watch out for special offers at the fish counter.