



LoSalt Recipe

Salmon & Mango Parcels

Perfect to make in advance, store in the fridge, then pop in the oven when you are ready to eat. Mango gives a lovely sweetness along with the honey.

Makes 2 parcels

125g cooked brown rice
2 skinless salmon fillets, cubed
200g chopped tinned tomatoes
Handful small broccoli florets
1 small red onion, diced
200g fresh mango, chopped
Handful fresh mint, chopped
1 clove garlic, crushed
Zest and juice of 1 lime
1 tablespoon runny honey
Freshly ground black pepper
Pinch LoSalt
2 tablespoons Rose wine



- Pre-heat the oven to 180°C
- In a large bowl, mix together all of the ingredients.
- Line a baking dish with 2 large sheets of strong foil, big enough to make 2 parcels with room for the air to circulate.
- Divide the mixture between the 2 parcels, close up, not too tightly.
- Pop in the oven to bake for 20-25 mins. Serve hot.