

# LUNCH

## Roasted Salmon & Asparagus

### INGREDIENTS

- 2 salmon filets
- 1 small bunch asparagus
- 2 cloves garlic - crushed
- Juice of 1 lemon
- 1 garlic clove
- 2 tbsp plain Greek yoghurt
- dill
- 1 tbsp olive oil

### METHOD

- Heat oven to 180c
- Prepare the asparagus and place on a baking tray with the salmon
- Sprinkle 1 clove garlic, olive oil, salt and pepper over the salmon and asparagus
- Roast in the oven for 10-12 minutes
- For the dip, mix the rest of the garlic, lemon juice, yoghurt and dill and season to taste
- Serve with the dip drizzled over the salmon and asparagus



EATING YOUR  
WAY THROUGH  
THE  
MENOPAUSE