

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S BLACK BEAN BAKED SALMON

 **Prep: 10 minutes**

 **Cook: 50 minutes**

 **Serves: 2**

INGREDIENTS:

- 2 peppers, any colour, diced
- 1 red onion, cut into quarters
- 400g can black beans in water, drained and rinsed
- 2 salmon fillets
- drizzle olive oil

Sauce:

- 1 tbsp smoked paprika
- 1 tsp dried oregano
- Pinch cayenne pepper
- 1 tbsp runny honey
- Zest and juice of 1 lime
- 1 clove garlic, crushed
- 2 tbsp olive oil

- Pinch **LoSalt**
- Freshly ground black pepper

Salsa:

- 1 ripe mango, diced
- 1 avocado, diced
- Seeds from half pomegranate

METHOD:

1. Pre-heat the oven to 200°C.
2. Start by mixing all the sauce ingredients together, set aside.
3. Pop the diced peppers and red onion into a roasting tray and add half of the sauce.
4. Add the drained and rinsed black beans and add another spoonful of sauce, mix well and pop in the oven to start roasting for 25 mins.
5. Meanwhile, marinate the salmon fillets in the remaining sauce.
6. After the veggies have been cooking for 25 mins, add the salmon fillets to the roasting tray and drizzle with a little olive oil.
7. Pop back in the oven for another 25 mins.
8. Make the Salsa by mixing the salsa ingredients gently together in a bowl and serve on the side.