

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S SALMON & MANGO PARCELS

 **Prep: 20 minutes**

 **Cook: 25 minutes**

 **Serves: 2**

INGREDIENTS:

- 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

METHOD:

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