

Salmon Baked with Honey Mustard Glaze

2 Tbsp wholegrain mustard
¼ cup manuka honey
juice of 1 lemon
1 tsp grated lemon rind
2 salmon fillets

Mix all ingredients together, rub over the flesh of the salmon fillets. Place in a baking dish; bake in a hot oven (220 C) for around 5 minutes or until cooked through. This is delicious served with baby potatoes and salad

Health Benefits of Salmon:

- A rich source of Omega 3 fatty acids (currently deficient in NZ diet).
- An excellent source of high quality protein
- Rich in fat soluble vitamins A & D
- A good source of vitamin B12
- Protective against heart disease
- A source of iron and calcium