Oatmeal and ginger crusted salmon

Suitable for a gluten free diet (using gluten free oats), lactose free and the low FODMAP diet.

Packed full of Omega-3, this healthy salmon recipe is not only mouth wateringly delicious, but it's also great for your gut health and it's super easy to prepare! Mix and match your side dishes to take it from a mid-week meal to the perfect dish to serve to guests.

Ingredients

Gluten free flour	60g
Oatmeal/ gluten free oatmeal based on dietary requirements.	60g
Ginger (fresh or powdered)	1.5 tsp
Egg	1
Salmon fillets	4
Fresh coriander	A handful
Salt	To taste
Cooking oil spray	

Makes 4 portions. Nutritional information per portion: 540 Kcal, 45g protein, 26.5g fat.

Instructions

1. Wash the salmon and remove the skin.
2. Dust the salmon in flour.
3. Break the egg into a small dish and blend with a fork.
4. Add the ginger coriander and salt to the oats and place on a plate.
5. Add the salmon to the egg wash coat and allow the excess to drain off.
6. Place the salmon fillets on the oats and coat well, then lightly spray the top with cooking oil.
7. Cook in an oven at 200°C/gas mark 6 for 15 minutes.

It's time to choose your side! Enjoy with a green salad and boiled potatoes or check out our recipes for a ratatouille or a chickpea, sweet potato and vegetable salad.

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Our digestive systems have been misunderstood, undervalued and underfunded for decades. We exist to change that. If you enjoyed this recipe, please consider making a small donation to support our vital work.