

# Orange Mint Baked Salmon

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 2 small salmon filets 6 oz (170 g) or 1 large one (cut in half)
- Juice of 1 lemon
- Sea salt and pepper to taste
- 3 cups raw fresh spinach

## Dressing

- 1/4 cup fresh mint
- 1 tsp fresh raw ginger
- Juice from 2 oranges, freshly squeezed
- 1/4 cup extra-virgin olive oil
- 2 tbsp white wine or apple cider vinegar

## Instructions:

1. Preheat oven to 350 degrees.
2. Place salmon on baking dish and drizzle with lemon and sprinkle with sea salt and pepper. Bake for 20-24 minutes. Check center and cook until light pink or less time if you like it darker in colour.
3. Toss all the dressing ingredients into a food processor and blend until mint is finely chopped.
4. Divide spinach equally between 2 dinner plates. Once salmon is cooked, place it on top of the spinach. Pour dressing on top of spinach and salmon.

## Notes:

If you prefer to cook the salmon with the dressing, you may wish to use a different oil such as camelina oil that can maintain a higher heat. I personally like the dressing to be raw and room temperature.