

# Thai Grilled Watercress Salmon

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Preparation time: 10 minutes plus marinating

Cooking time: 10 minutes

## Ingredients:

100g watercress, roughly chopped  
18 mint leaves  
½ tsp salt  
2 cloves garlic, crushed  
2 green chillies, seeds removed  
3 tbsp fresh lime juice  
1 tbsp caster sugar  
1 tbsp chopped fresh ginger  
1 tbsp fish sauce (Nam Pla)  
4 x 175g salmon fillets

### Watercress raiita:

200ml Greek yogurt  
100g watercress, finely chopped  
1 small clove garlic, finely chopped  
salt and freshly ground black  
pepper to taste



## Method:

Place the watercress, mint, salt, garlic and chillies in a food processor and whiz until finely chopped. Add the lime juice, caster sugar, ginger and fish sauce and process to make a paste. Place the salmon in a glass dish or plate, spoon over the paste and turn until evenly coated. Cover and leave to marinate in the fridge for at least 20 minutes.

Whilst the salmon marinates, mix the yogurt, watercress and garlic together with seasoning to taste. Spoon into a bowl and chill until required.

Cook the salmon on a hot griddle or barbecue for 4-5 minutes on each side. Serve with the watercress raiita on the side.

## Nutrition:

Portions	4
Calories	408
Fat	24.4g
Saturated Fat	6.7g
Carbohydrate	6.6g
Protein	41g
Fibre	0.9g
Salt	1.3g