# Baked Salmon




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| Serves | 4 |
| Prep time | 10 minutes |
| Cook time | 30 minutes |
| Total time | 40 minutes |
| Allergy / Intolerance | Amines, Artificial Addititives, Artificial Colours, Dairy, Egg, Glutamates, Preservatives, Salicylates, Wheat |
| Suitable for | Amines Challenge, Dairy / Lactose Free, Gluten Free, RPAH Elimination Diet - Moderate Chemical |
| Meal type | Main Dish |
| Misc | Child Friendly, Serve Hot |

## Ingredients

- 4 salmon fillets
- Minced garlic

## Directions

1. Preheat oven to 200°C.
2. Place each piece of salmon, skin side down, on a piece of foil. Rub some garlic over the top of the fillet and wrap in the foil. Place the fillets into a baking tray.
3. Place in the oven and bake 20 - 30 minutes, depending on the thickness of the fillet, until cooked through.
4. Serve with fried lentils and potato and swede mash.

## Note

Moderate Amines, Low Salicylates, Low Glutamates.

Serve with fried lentils and potato and swede mash.