

Ginger & Citrus Marinated Salmon



5 Ingredients, 4 serves, 90 Minutes Total Time

- 1 tablespoon apple cider vinegar
- 1 fresh ginger (1 inch fresh, grated)
- 2 orange, navel (juiced)
- 2 tablespoons mint (fresh)
- 600 grams salmon (fillets, wild caught, 4 x 150g each)

Instructions

- Combine the orange juice, apple-cider vinegar, mint, fresh ginger (and an optional 1 tablespoon coconut aminos) in the bowl of your blender.
- Blend for 30 seconds on high.
- Season to taste.
- Place the salmon fillets into a bag or marinating dish.
- Add the marinade to the salmon, ensuring it is evenly coating the salmon and leave to marinate for 1 hour, flipping the salmon a couple of times in the process.
- When you are ready to cook the salmon, preheat the oven to 400F/ 200C degrees.
- Place the salmon fillets in a baking dish and discard the marinade.
- Bake for approximately 20 minutes, or until the salmon is cooked to your liking.

Warnings

**APPLE CIDER VINEGAR: The FODMAP safe serving size for apple cider vinegar is 2 tablespoons

**ORANGE, NAVEL: SIBO phase 2 allows 2 serves of fruit per day. One orange = one serve.

**SALMON: use only fresh or canned salmon, not smoked, for SIBO

Nutritional Information (per serving)

Calories 246

Total Fat	8g
Saturated Fat	1g
Cholesterol	83mg
Sodium	67mg
Total Carbohydrate	8g
Dietary Fibre	2g
Sugars	6g
Protein	30g
Calcium	47mg
Iron	1mg
Magnesium	51mg
Phosphorus	311mg
Potassium	869mg
Vitamin C	37mg
Thiamine	--
Riboflavin	1mg
Vitamin B6	1mg
Vitamin E	--