

Healthy Fish n Chips

7 ingredients · 1 hour · 2 servings



Directions

1. Preheat oven to 425. Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziploc bag with the marinade and shake well. Leave the fillets in the ziploc bag and place in the fridge while you prepare the rest.
2. Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
3. Turn oven up to 500 and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
4. Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

Ingredients

- 10 ozs Salmon Fillet
- 1 tbsp Maple Syrup
- 1 tbsp Tamari
- 2 Sweet Potato
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach

Nutrition

Calories	549	Cholesterol	65mg
Fat	34g	Sodium	1219mg
Carbs	35g	Vitamin A	21643IU
Fiber	5g	Vitamin C	18mg
Sugar	12g	Calcium	101mg
Protein	27g	Iron	2mg