**Lemon Turmeric Roasted Fish**

**Star Ingredients:**

**Salmon** is a wonderful source of Omega 3 fatty acids, as well as the antioxidant Vitamin E. If you are using barramundi rest assured that while not as high as salmon it is also a good source of Omega 3.

**Turmeric** contains curcumin a phytonutrient that have strong anti-inflammatory effects. The piperine in the black pepper and the healthy fats in the salmon also increase our ability to absorb the curcumin thus boosting it’s benefits

**Ingredients**:

1 side salmon/ barramundi skin on

4 tablespoons olive oil

2 garlic cloves crushed

2 tablespoons turmeric

zest of 3 lemons

1 tablespoon black pepper

1 teaspoon sea salt flakes

**Method:**

Add olive oil, crushed garlic, turmeric and pepper into a small bowl and mix to make a paste. Place salmon in an ovenproof dish lined with baking paper and rub paste over the skinless side of fish. Leave to marinate in the fridge for minimum of 1 hour or longer (can leave overnight)

Pre-heat oven to 220C

Remove Salmon from fridge and add sea salt flakes. Roast in oven for 20-25 minutes until the cooked through.

Serve with vegetables and brown rice / quinoa if desired.