

# Delicious & Calcium-Packed: Salmon tray-bake with tahini sauce

According to Dr Karen Winer, eating regular meals with a good calcium content is the best thing you can do to help keep your calcium levels stable. Food is an important tool you can use to manage your levels better.

To kick start our Delicious & Calcium-Packed recipe series, we're taking inspiration from The National Institutes of Health. The below recipe is full of calcium thanks to the salmon, veggies, and tahini!

## Salmon tray-bake with tahini sauce

Serves 4

Cooking time: 30 minutes

### Ingredients

- 400g tinned salmon, with bones
- Small bunch of broccolini
- 1/2 bunch of kale, tough stems removed, leaves thinly sliced
- 1 lemon
- 1 fresh chilli
- A small bunch of fresh basil
- 1x 30 tin of anchovies
- 4 cloves of garlic, peeled and crushed
- 3 tomatoes, roughly chopped
- 1tbs of olive oil

### Tahini Sauce

- 1/2 cup of tahini
- 1/4 tsp garlic powder
- 2 tbs of lemon juice
- Sea salt

### Method

1. Turn the grill on 190°C / 375°F.
2. Scoop the salmon into a large roasting pan and add the broccoli, kale and a pinch of salt and pepper.
3. Quarter a lemon and add it to the tray – make sure the lemons are facing upwards.
4. Finely chop the chilli and add to the tray with the basil leaves.
5. Drizzle over the oil from the tin of anchovies and tear in 3 of the fillets.
6. Add the garlic, tomatoes and olive oil.
7. Place the tray under the grill on the middle shelf for 10 minutes, or until the kale is lovely and crisp.
8. In the meantime, you can start making the tahini sauce by adding tahini, sea salt, and garlic powder to a small mixing bowl and whisk to combine.
9. Add lemon juice, continuing to whisk, until you have a creamy sauce. Taste and adjust seasonings as needed.
10. Remove the tray from the oven and before serving, add the tahini sauces all over.
11. The tray bake is now ready to serve directly from the tray.

