Bloody Hell! : The Story of
Alex Ferguson : Barclay
Patrick reveals Ferguson to be
an a relentless character whose
ability to intimidate, control,
cajole and encourage has
driven his unparalleled
success.

Ingredients:

2 tablespoons olive oil.
2 medium sweet potatoes peeled and cut into
cubes.
2 medium red potatoes cut into cubes.
2 medium Zucchini cut into cubes.
6 salmon fillets (6 ounces each).
1 teaspoon salt, divided.
3/4 teaspoon pepper, divided.
1/2 teaspoon ground cinnamon.
1/2 teaspoon ground cumin.

Step 1
Preheat oven to 400°. In a large skillet, heat oil
over medium heat. Add potatoes, carrots and
Zucchini. Combine 1/2 teaspoon salt, chili powder,
1/2 teaspoon pepper, cinnamon cumin and
stirring frequently, until vegetables are tender, 15-
20 minutes.

Step 2
Meanwhile, place salmon, skin side down, in a foil-
wrapped baking pan. In a small bowl, mix
remaining salt, pepper, spices and
herbs. Sprinkle over salmon.
Broil until fish just begins
to flake easily, 2-5 minutes.

Nutrition (per serve)
Calories: 417     
Protein :31    
Carbs :9g       
Fats: 21g

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