

Salmon Teriyaki

Serves:4 Time:25 minutes

This recipe is a real show stopper, recently featured in Mereycare magazine, influenced by Japanese cuisine and bursting with fragrant flavours!

Ingredients

- 4 Salmon fillets
- 100ml of Reduced Salt Soy Sauce
- 1 Lemon
- 4 tbsp of Clear Honey
- 2 cloves of garlic (crushed)
- 1 tbsp of lazy ginger paste
- 1 tbsp of sesame oil
- 600g of rice noodles
- 200g of baby corn
- 200g of tenderstem broccoli
- Chopped chilli, spring onion and sesame seeds to season

Method

- Heat oil in 2 x pans on a medium heat
- Combine soy, honey, garlic, lemon and ginger with 100ml of water and mix well, then place the salmon in the pan (skin down) and marinate with the mixture
- In a separate pan stir-fry the broccoli and babycorn for 10 minutes
- Once the salmon has cooked for 5 minutes and is nearly light pink all the way through, flip it over for the top side to go golden brown
- Once you have flipped the salmon add the rice noodles to the pan with veg and a splash of soy sauce, heat for 3 minutes until cooked through
- Place the noodles on a dish, with the salmon on top and the vegetables at the side, pour any extra sauce over the top then garnish with chopped chilli, spring onion and sesame seeds. Add a squeeze of lemon to finish!

Nutritional information:

473 Calories, 15g fat, 57g carbohydrate, 29g protein

