

Asian Style Salmon

Serves 2

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">• Salmon• Root ginger• Lime• Coriander (optional)	<ul style="list-style-type: none">• Garlic	<ul style="list-style-type: none">• Soy sauce• Honey• Olive oil• Mirin (optional)• Sesame seeds (optional)

Method:

1. In a bowl, grate the zest of a lime, 1 or 2 cloves of garlic, a thumb sized piece of ginger. Add 2-3 tbsp soy sauce, a tsp honey, the juice of half the lime (or a tsp or 2 of mirin if you prefer). Give everything a good mix. Pop the salmon fillets in with the sauce and make sure it's well coated with the sauce. Allow to marinate for 10-15 mins.
2. Cook the salmon to your liking. You could use the grill, oven or as I did, pan fry.
3. Serve up with your choice of side dish. I cooked some broccoli and tossed it in a little sesame oil and garnished with freshly chopped coriander leaves.

Notes & tips

40-45 degrees is the temperature at which salmon is cooked medium. Insert a food thermometer into the thickest part. If it's between 40-45 degrees, it can come off the heat and left to rest.

inspired by a recipe from Jools Oliver

Cauli or broccoli rice you'll find the how-to-make on our simple swaps page:

<https://www.purition.co.uk/blogs/articles/simple-swaps>

