



Teriyaki salmon

Serves 2

This is a quick yet tasty and healthy dish to prepare mid-week. It takes about 15 minutes to cook. You can make your own teriyaki sauce, or buy a jar if tight for time.

Ingredients

Option 1 – make your own teriyaki sauce

- 6 tbsp dark soy sauce
- 1 lime, zest and juice, or juice from a bottle
- 1 small chilli, chopped
- 2 tbsp honey or pure maple syrup
- 2 garlic cloves, finely chopped
- 1 inch chunk of ginger, finely chopped
- 1 tbsp cornflour
- 1 tbsp olive oil



Method

- Heat the oven at 180°C.
- Gently heat some olive oil in a pan and add the ginger, garlic, and chopped chilli so they don't burn, but release lovely aromas.
- Add the zest and juice of the lime, soy sauce and maple syrup and cook for about 2 minutes to combine and heat. Add the cornflour dissolved into 100ml cold water. Stir to thicken. Set aside.

Or Option 2 – use a jar of teriyaki sauce, add 2 tbsp to the stir fried veg at step 2 below. Also add the garlic and ginger from above at step 2.

- 1 tbsp olive oil
- 2 salmon fillets, skin still on.
- 2 tbsp soy sauce
- 1 tbsp honey
- ½ a red and yellow pepper, chopped
- Generous handful mange tout
- 225g tin water chestnuts
- Egg noodles(150g pre-cooked, or 50-70g dried) per person
- Garnish - bunch of coriander, (chopped), lime juice, thinly sliced spring onion and a sprinkling of sesame / flaxseeds

Method

1. Place the salmon fillets on a baking tray lined with non-stick paper, and coat with the soy sauce and honey. Wrap into a parcel and place in the oven to bake for 7 minutes. Carefully unwrap to check that it isn't still too pink (raw) in the middle but avoid overcooking – it should flake apart in fairly large pieces.
2. Stir fry peppers, mange tout, water chestnuts (or a fresh / frozen vegetable stir fry mix), ginger and garlic in a little olive oil for 3-4 minutes. Add your teriyaki sauce.
3. Cook and drain the noodles as per their instructions and add to the veg mix. Mix well to coat the noodles.
4. Serve with the salmon placed on top, with fresh coriander, lime juice, sliced spring onion & a sprinkling of sesame seeds.

Optional Extras

Add more plant protein with 2 tbsps raw peanuts with the garlic and ginger, or a serving of frozen edamame beans.

Add an extra portion of vegetables with sliced carrots, mushrooms or courgettes in the stir fry mix, or some steamed pak choi leaves on the side.

Alternatives

Replace the salmon with some cooked chicken, strips of beef, king prawns, chopped tofu, or just the vegetables, as per preference.