

Teriyaki salmon with stir-fried veg

Preparation and cooking time: 25 minutes

Ingredients:

- 2 tbsp toasted sesame oil (or use rapeseed oil if you don't have sesame)
- 6 tbsp low sodium soy sauce (or use tamari for gluten free)
- 1 tbsp maple syrup
- 3 cloves garlic, grated
- 1 tsp freshly grated ginger
- 2 tsp lime juice (or use rice wine vinegar)
- 4 x 125g salmon fillets
- ½ tbsp coconut oil (or use olive or rapeseed oil)
- 4 cups broccoli florets
- 1 bunch asparagus, woody ends removed and stalks cut in two
- 220g pack green beans
- 2 spring onions, finely sliced
- 1 tbsp sesame seeds
- + Wholegrain rice, cauliflower rice or wholegrain noodles to serve

Directions:

1. Make the teriyaki sauce by mixing the sesame oil, soy sauce, maple syrup, garlic, ginger and lime juice together in a bowl.
2. Place the salmon skin side down in a shallow baking dish, pour over ¼ of the teriyaki sauce, turning the fillets a couple of times to coat. Leave in the fridge for at least 10 minutes
3. While waiting for the salmon, prepare the vegetables and preheat the oven to 210C
4. Place the marinated salmon on a small baking pan lined with greaseproof paper and bake in the oven for 12 – 13 minutes until the fish is pink and you can flake it
5. While the fish is cooking, heat a wok or large non-stick frying pan to a high heat, add the oil and stir fry the veg for 4 to 5 minutes until cooked, but still with a crunch. Add a splash of water if the veg are sticking to the pan
6. At the same time, dry fry the sesame seeds for 2 – 3 minutes in a hot pan until toasted
7. Divide the veg over 4 plates, top with the teriyaki salmon fillet, drizzle with some of the remaining teriyaki sauce and sprinkle over the spring onions and toasted sesame seeds
8. Serve with a portion of wholegrain rice, cauliflower rice or wholegrain noodles

Each 100g portion contains:

ENERGY	FAT	SATFATS	SUGARS	SALT
127 kcal 529kJ	7.6g	1.9g	2.7g	0.77g
6%	11%	10%	3%	13%

of an adult's reference intake 2000kcal/8400kJ

Each serving contains 502 calories, excluding rice or noodles

Vary the vegetables according to what is in season or what you have on hand. Carrots, cabbage and peppers are also great additions or alternatives