

ORIENTAL SALMON



QUICK

5 mins prep time
30 mins cooking time

HEALTHY

Salmon is an excellent source of essential omega 3 fatty acids which has been shown to reduce inflammation and lower blood pressure

FAMILY



Feeds 5

MEALS

Delicious served with brown rice and steamed vegetables

INGREDIENTS

- 5 salmon fillets
- 70 ml soy sauce
- 70 ml rice wine vinegar or sherry
- 4 cm piece root ginger - minced
- 6 garlic cloves - minced
- Optional - Spring onion or sesame seeds to sprinkle on top

METHOD

1. Mix ginger, garlic, soy and rice wine vinegar in a jar
2. Pour $\frac{1}{2}$ over the salmon fillets and marinade. The longer the better. Overnight is ideal but if you don't have time it will still be good.
3. Save the other half in the fridge for next time
4. When ready to eat, put the oven on to 180° C (Fan oven)
5. Roast for 18-20 mins (depending on how well cooked you like your salmon)
6. Sprinkle the spring onion over the top.
7. Delicious served with brown rice and steamed vegetables



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com