


PONZU SALMON




QUICK

 Less than 10 mins prep time

HEALTHY

Salmon is high in protein and a great source of omega-3 fatty acids which is good for your joints, brain and heart

FAMILY

 Feeds 5 with sauce ready for another meal

MEALS

Delicious served with brown rice and steamed vegetables

INGREDIENTS

- 5 salmon fillets
- 2 spring onions
- Optional - sesame seeds

SAUCE INGREDIENTS – makes double quantity

- 4 limes
- 2 lemons
- 100 ml mirin
- 100 ml soy sauce
- Salt and pepper

METHOD

1. Put the oven onto 200° C
2. Put the salmon in an ovenproof dish
3. Mix lime juice, lemon juice, soy and mirin in a jar
4. Pour half of the sauce over the fish (put the rest in the fridge for a quicker meal next time)
5. Put the salmon in the oven for 15-20 minutes
6. Cut the spring onions
7. When cooked sprinkle the spring onion and sesame seeds over the top
8. Serve



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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