

MUSTARD, GINGER & SESAME SEED SALMON



QUICK

About 5 mins
prep time

HEALTHY

Sesame seeds are an excellent source of copper, which helps make red blood cells and keep nerve cells and your immune system healthy

FAMILY



MEALS

Serve with brown rice or cous cous and steamed green vegetables or salad

INGREDIENTS

- 5 salmon fillets
- 50 ml soy sauce
- 50 ml water
- 2 cm fresh ginger
- 2 garlic cloves
- 1 tbs sesame seeds
- 1 level tbs Dijon mustard

METHOD

- 1) Heat the oven to 180°C (Fan)
- 2) Pour water and soy sauce into a measuring jug
- 3) Peel ginger and mince or grate it – add to the jug
- 4) Add the sesame seeds
- 5) Add the mustard
- 6) Put the salmon fillets into an ovenproof dish
- 7) Pour the sauce over
- 8) Cook for 18 mins
- 9) Enjoy



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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