

# Asian Salmon & Pepper Skewers

Total time **50 mins** 20 mins preparation time 20 mins marinating time 10 mins cooking time

Nutritional facts (per portion):  
**5056 kJ / 1264 kcal**

Fat: **63 g** Protein: **88 g**  
Carbohydrates: **90 g**

## INGREDIENTS

2 portion(s)

**400 g** salmon fillet  
**1** lime - juice and zest  
**5 tbsp** Kikkoman Teriyaki  
Marinade  
**1** green pepper  
**1 tsp** Kikkoman Toasted  
Sesame Oil  
**1 pinch** of chilli flakes  
**1 bunch** of spring onions  
**2 tbsp** roasted sesame seeds  
**Fennel Salad**  
**1** fennel bulb  
**80 ml** olive oil  
**1** tart apple  
**1 tbsp** lemon juice  
**1 tsp** honey  
salt and pepper to taste

## PREPARATION

### Step 1

Dice the salmon. Season with pepper, chilli flakes and Kikkoman Teriyaki Marinade. Add lime juice and zest. Add sesame oil and mix thoroughly. Put aside for marinating.

### Step 2

Cut green pepper into cubes similar in size to the fish.

### Step 3

Cut fennel in thin strips. Cut the apple into matchsticks. Add honey, lemon juice and olive oil. Mix thoroughly. Then season with salt and pepper to taste.

### Step 4

Thread the fish onto metal skewers alternately with pieces of pepper.

### Step 5

Brush the skewers with the remaining marinade and sprinkle with 1 tbsp sesame seeds.

### Step 6

Grill the salmon skewers on a high temperature preheated surface for around 10 minutes turning over from time to time for even cooking.

### **Step 7**

Serve sprinkled with sliced spring onion, remaining sesame seeds and grated lime zest, together with the fennel salad.