KIKKOMAN

Tamari glazed salmon

Total time **50 mins** **35 mins** preparation time **15 mins** marinating time

Nutritional facts (per portion):
1,774 kJ / 424 kcal

Fat: **24.9 g** Protein: **34.8 g**
Carbohydrates: **5.4 g**

INGREDIENTS

4 portion(s)

Ingredients for the salmon:

2 tbsp	rice vinegar
2 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 tsp	grated fresh ginger
2 tsp	chilli sauce
4	150 g salmon fillets, skinned
1 tsp	groundnut oil

Ingredients for the stir-fried vegetables:

2 tbsp	groundnut oil
150 g	tenderstem broccoli florets
1	red pepper, deseeded and thinly sliced
175 g	beansprouts
115 ml	fish stock

PREPARATION

Step 1

Mix together the rice vinegar, Kikkoman Tamari Gluten-free soy sauce, ginger and chilli sauce. Place the salmon fillets in a shallow dish and pour over the soy sauce mixture. Set aside for 15 minutes or longer.

Step 2

Heat a ridged grill pan or heavy frying pan and lightly grease with the oil. Add the fish to the pan and cook for about 5 minutes, turning the fillet over once.

Step 3

While the salmon is cooking, stir-fry the vegetables. Heat the oil in a wok or frying pan, add the tenderstem broccoli and red pepper and stir-fry for 5 minutes.

Step 4

Add the bean sprouts and any marinade left in the salmon dish and stir-fry for a further 2-3 minutes or until the vegetables are just tender.

Step 5

When the salmon is cooked, remove the fillets from the pan and keep warm. Add the fish stock to the pan the salmon was cooked in and let the stock bubble for 1 minute, scraping the pan with a spoon to incorporate any cooking juices.

Step 6

Serve the salmon accompanied with the vegetables and the pan juices drizzled over.