

Black Sesame Salmon

Serves 4

INGREDIENTS

FOR THE SALMON

4 **salmon fillets** (skin on)
 ¼ tsp salt
 ¼ freshly ground black pepper
 50g black **sesame seeds**
 2 tsp sunflower oil

FOR THE HONEY-SOY GREENS

1 tbsp sunflower oil
 1 tbsp unsalted **butter**
 300g tenderstem broccoli, trimmed
 150g mangetout or sugarsnap peas
 400g Pak Choi
 2 cloves minced garlic
 1 tsp minced ginger
 3 tbsp dark **soy sauce**
 3 tbsp honey

ALLERGENS HIGHLIGHTED IN BOLD



PREPARATION

1. Preheat the oven to CircoRoast 180°C with low added steam, and line a roasting tray with non-stick foil.
2. Sprinkle all sides of the salmon with the salt and pepper.
3. Pour the sesame seeds onto a plate, and press the top and sides of the salmon onto the plate – so the non-skin sides are covered in sesame seeds.
4. Place the salmon fillets on the baking tray and drizzle on the oil. Place in the oven (skin side on the foil) for 10-11 minutes – until the salmon is just cooked through.
5. Then remove from the oven and allow to rest for 2 minutes.
6. While the salmon is cooking, make the honey-soy greens. Heat the oil and butter in a large frying pan over a medium-high heat, until the butter melts. Add the broccoli to the pan and cook for 3 minutes, until the broccoli starts to soften, stirring often.
7. Add the mangetout and cook for a further 2 minutes, stirring often. Add the pak choi, garlic and ginger to the pan and toss together. Cook for 1 minute. Add the soy sauce and honey and stir together to coat the vegetables.
8. Divide the green vegetables between four plates and drizzle over the honey-soy sauce. Top each plate with a salmon fillet and serve.