

SALMON WITH LIME, GINGER, SOY, PEANUTS & STIR-FRIED VEGETABLES



MINUTES TO PREPARE

5



MINUTES TO COOK

15



SERVES

2

INGREDIENTS

2 salmon fillets, skin on
1 tablespoon sesame seed oil
2 tablespoons peanuts,
roughly chopped
Zest and juice of 1 lime
1 teaspoon soy sauce
2cm fresh ginger, peeled and
grated
1/4 Broccoli, cut into small
florets
100g frozen peas
Salt and pepper

LET'S GET COOKING

- 1 Preheat the oven to 180/350/gas 4 and line a baking tray with baking parchment.
- 2 In a large frying pan over a high heat, brown the chopped peanuts until they are golden. Remove from the heat and pour the peanuts into a bowl. Replace the frying pan back on the stove and heat the sesame seed oil. Add the salmon fillets, skin-side down. Fry them for 3 minutes, until you hear the skin starting to crackle and see the flesh starting to whiten at the edges. Then using a spatula, carefully remove the salmon and place in the baking tray lined with baking parchment.
- 3 Grate the ginger and lime zest over the salmon fillets. Pour over the remaining sesame seed oil from the frying pan, the soy sauce, and half of the lime juice. Season with salt and pepper.
- 4 Place in the oven for 10 minutes, or until the flesh is firm and flakes away from the skin.
- 5 Meanwhile, prepare the vegetables. Return the frying pan to the heat and add the peas and broccoli. Fry until al dente. Add the other half of the lime juice and peanuts. Season with salt and pepper.
- 6 To serve, heap the vegetables and peanuts on the side of the plate and the salmon on the other. Drizzle over the delicious juices and enjoy.

"This is a delicious light meal-in-minutes which is lovely as a protein hit in winter. Personally, I don't think it needs any carbs as this is the kind of meal I make when I am looking for something light and fresh, but new potatoes, or sweet potato chips would work well alongside it"