



TERIYAKI SALMON

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Large piece of salmon fillet to feed your family. Size depends on how hungry they are.

Teriyaki sauce

6cm piece of ginger, grated
2 cloves garlic, crushed
4 tablespoon tamarind sauce (or soy)
4 tablespoons maple syrup
1 tablespoon balsamic vinegar
1 tablespoon toasted sesame oil
pinch of chilli flakes
zest and juice of 1 lime

To serve

3 spring onions
1 tablespoon sesame seeds

METHOD

1. Lay the salmon in a large dish.
2. Mix all the marinade ingredients together and pour over the salmon.
3. Leave the salmon for 30 minutes.
4. Preheat the oven to 180°C.
5. After the salmon has marinated remove from the dish and place on a baking sheet.
6. Cook in an oven about 180°C for 20-25 minutes until cooked through.
7. While the salmon is cooking pour the marinade ingredients into a small saucepan and cook until slightly thickened and serve with the salmon.
8. I serve this with buckwheat noodles and stir fried vegetables with the teriyaki sauce poured over.
9. Sprinkle the chopped spring onions and sesame seeds over the top when the salmon is cooked.

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