

Sesame-soy salmon with stir-fried rice

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Time to make: 25 mins, plus 30 mins marinating

Total cost: \$24.80 / \$6.20 per serve

(at time of publication)

Full ingredients list:

2 tablespoons reduced-salt soy sauce
 1 1/2 tablespoons mirin (see tip)
 2 teaspoons sesame oil
 4 x 100g skinless salmon fillets
 1 cup frozen baby peas
 1 red capsicum, seeded, diced
 1 small bunch kale, trimmed, centre vein removed, chopped
 2 garlic cloves, crushed
 2 cups steamed basmati rice
 2 bunches steamed broccolini, to serve

Nutritional information (per serve)

Kilojoules	1,693kJ
Calories	405cal
Protein	33.6g
Total fat	13.7g
Saturated fat	3.2g
Carbohydrates	32.6g
Sugars	4.6g
Dietary fibre	7.3g
Sodium	462mg
Calcium	69mg
Iron	3.3mg

Instructions

- Step 1** Combine 1 tablespoon of the soy sauce, 1 tablespoon of the mirin and 1 teaspoon of sesame oil in a shallow glass or ceramic dish. Add the salmon fillets, turn to coat. Cover and set aside in the fridge to marinate for a minimum of 30 minutes.
- Step 2** Heat remaining sesame oil in a large wok over a high heat. Stir-fry peas and capsicum for 1 minute. Add kale and garlic; stir-fry for 2 minutes, or until vegetables are just tender. Add steamed rice and remaining soy sauce and mirin; stir-fry until heated through and combined. Keep the stir-fried rice warm.
- Step 3** Heat a chargrill pan or non-stick frying pan over a medium-high heat. Drain the salmon and lightly spray with olive oil. Grill salmon fillets for 2 minutes each side, for medium, or until cooked to your liking.
- Step 4** Serve grilled salmon on the rice with steamed broccolini.

HFG tip

You can find mirin in Asian grocery stores or the Asian aisle of most supermarkets.

About this recipe

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