

SALMON TERIYAKI



Ingredients (Serves 2)

GF, NF

- 1 tbsp Olive Oil
- 4 Spring Onions
- 2 Salmon Fillets
- 1 Savoy Cabbage
- 4 tbsp Tamari
- 3 tbsp Honey
- 1 tbsp Grated Ginger
- 50g Brown Rice
- Handful of Chives
- 300ml Chicken Stock

Method

1. Mix the ginger, tamari and honey together in a shallow dish. Place the salmon fillets into the sauce and leave to soak up the juices.
2. Steam the rice in some chicken stock then chop 2 spring onions and chives into it.
3. Heat the oil in a pan, add the salmon fillets and cover with the teriyaki sauce.
4. Steam some shredded cabbage and season with black pepper.
5. When the salmon is cooked through, place the rice salad and cabbage on a plate, and top with the salmon fillet.
6. Chop the other spring onions and scatter on top of the salmon to serve.

Nutrition

Salmon = Protein for Satiety, Omega 3 Fatty Acids for Healthy Heart & Blood Pressure
Cabbage = Fibre for Digestive Health, Vitamin C for Immunity