



Rich in omega 3 oils, this dish has great oriental flavours to get the taste buds going...

Eastern Salmon		
Serves 4		Skill Level – Easy
		Preparation time: 5 mins plus 30 mins in fridge Cooking time: 20 mins
Metric	Imperial	Ingredient
2 tablespoons		Soy Sauce
2 tablespoons		toasted sesame seed oil
2		cloves garlic ,finely chopped
4		spring onions,chopped
4 x 125 g		salmon
1. Mix the soy sauce, sesame oil ,garlic and onions and pour over the salmon fillets.		
2. Roll the salmon in the mixture so all the sides are coated.		
3. Leave in fridge for 30 minutes.		
4. Preheat the oven to Gas mark 6/200 C/400 F		
5. Place salmon skin side down in a shallow ovenproof dish.		
6. Bake in the oven for 20 minutes until the fish is cooked.		
7.Serve with stir fried vegetables		

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