

## *Black Sesame Salmon*

*Serves 4*

### INGREDIENTS

For the salmon:

- 4 **salmon fillets** (skin on)
- ¼ tsp salt
- ¼ freshly ground black pepper
- 50g black **sesame seeds**
- 2 tsp sunflower oil

For the honey-soy greens:

- 1 tbsp sunflower oil
- 1 tbsp unsalted **butter**
- 300g tenderstem broccoli, trimmed
- 150g mangetout or sugarsnap peas
- 400g Pak Choi
- 2 cloves minced garlic
- 1 tsp minced ginger
- 3 tbsp dark **soy sauce**
- 3 tbsp honey

### **ALLERGENS**

**HIGHLIGHTED IN BOLD**



### PREPARATION

Preheat the oven to CircoRoast 180°C with low added steam, and line a roasting tray with non-stick foil.

Sprinkle all sides of the salmon with the salt and pepper.

Pour the sesame seeds onto a plate, and press the top and sides of the salmon onto the plate – so the non-skin sides are covered in sesame seeds.

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### PREPARATION

Place the salmon fillets on the baking tray and drizzle on the oil. Place in the oven (skin side on the foil) for 10-11 minutes – until the salmon is just cooked through. Then remove from the oven and allow to rest for 2 minutes.

While the salmon is cooking, make the honey-soy greens. Heat the oil and butter in a large frying pan over a medium-high heat, until the butter melts. Add the broccoli to the pan and cook for 3 minutes, until the broccoli starts to soften, stirring often.

Add the mangetout and cook for a further 2 minutes, stirring often. Add the pak choi, garlic and ginger to the pan and toss together. Cook for 1 minute. Add the soy sauce and honey and stir together to coat the vegetables.

Divide the green vegetables between four plates and drizzle over the honey-soy sauce. Top each plate with a salmon fillet and serve.