

Baked oriental salmon

Serves 2

Ingredients

- 2 salmon fillets
- 2 tbsp chopped fresh root ginger
- 1 small onion, finely chopped
- 2 tbsp chopped fresh coriander
- 2 tbsp chopped fresh chives
- 2 tbsp reduced salt soy sauce
- 2 tbsp sesame oil
- 200 g rice
- 1 medium head of broccoli



This recipe contains salmon, which is an oily fish. Oily fish provides essential fatty acids and vitamin D.

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Put the rice on to cook according to the instructions on pack.
3. Take two pieces of foil approx 30cmx30cm and place one of the salmon fillets, skin side down, in the centre of each one.
4. Sprinkle over the chopped ginger and herbs and drizzle on the soy sauce and sesame oil.
5. Bring the sides of the foil up and crimp them together to make a sealed parcel for each salmon fillet.
6. Cook in the oven for 10-15 minutes until cooked through.
7. Meanwhile, chop the broccoli and boil or steam until just cooked.
8. Serve the broccoli and rice onto a plate or bowl and place the salmon straight from the parcel on top so that the juices flow over the dish.