

Asian salmon fillets

A light, flavoursome dish garnished with coriander and spring onions.

Serves 6

Prep 10 minutes

Cook 8 minutes

INGREDIENTS

6 pieces skinless salmon fillet (approx. 125g each)

For the marinade:

2 tbsp soy sauce

2 tsp sesame oil

pinch chilli flakes

1 tsp fresh ginger, grated

2 tsp runny honey

For the garnish:

1 tbsp fresh chopped coriander

4 spring onions, shredded

METHOD

1. Place all the marinade ingredients in a non-metallic bowl and stir well.
2. Add the salmon fillets, coat in the marinade and set aside to allow the flavours to infuse.
3. Cook for 3–4 minutes over a medium heat, add any remaining marinade, turn over and cook the other side for 3–4 minutes.
4. Scatter with the coriander and spring onions before serving.

Chefs tips

- Also works well with other fish fillets such as mackerel, river cobbler or fresh tuna.

- Freezing instructions: Suitable for freezing once cooked. Defrost in the fridge and reheat until piping-hot throughout.