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BAKED SALMON WITH SWEET GINGER

Baked Salmon with Ginger has a mix of sweet and sour flavours which enhance this quick and easy fish dish.

Serves 4

Per serving 238 calories, 13.1g fat

Protein: 22.8g

Carbohydrate: 7.8g

Fibre: 0.4g

Prep time: 20 minutes

Cook time: 10 minutes

INGREDIENTS

2 tbsps lemon juice
4 tsps light muscovado sugar
1 tsp finely chopped fresh ginger
4 tsps chopped fresh dill
4 tsps light soy sauce
4 salmon steaks
freshly ground black pepper

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. In a mixing bowl, combine the lemon juice, sugar, ginger, dill and soy sauce to form a glaze, and season with black pepper.
3. Place 1 salmon steak in the bowl and toss in the glaze. Repeat with the remaining 3 steaks. Transfer the salmon to an ovenproof dish and pour the marinade over.
4. Bake in the oven for 8–10 minutes until just cooked. Serve with salad or seasonal vegetables.

The fish can also be cooked under a hot grill for 6–8 minutes, depending on the thickness of the pieces. Check the fish is cooked by carefully pulling the flesh apart, using 2 knives. The flesh inside should be light pink in colour and not wet in appearance. When cooked, the flesh will flake away from the skin easily.

