



Teriyaki salmon, crispy kale & choy sum

A lovely light salmon dish with Asian influences and chili.

Serves: 2, Prep time: 00:15, Cook time: 00:30

Instructions

1. Preheat the oven to 180C / gas mark 4 and boil a kettle.
2. To make the teriyaki sauce: finely chop the chilli (remove the seeds for less heat) and peel and finely chop the ginger. Mix the chilli and ginger in a bowl with the tamari, honey and half of the juice from the lime. Trim the end of the choy sum to separate the leaves. Cut each leaf in half lengthways.
3. Rinse the quinoa and add to a saucepan with 300ml boiling water. Simmer for 15 mins until cooked.
4. Heat a medium-sized pan with 2 tsp oil on a medium heat. Place the salmon in the pan and cook for 5 mins each side. Add the teriyaki sauce to the pan for 5

Ingredients

- 1 Lime
- 1 Chili, Red Fresh
- 1 tablespoon Coconut oil
- 200 grams Choy Sum (7 oz)
- 2 Spring onion
- 2 tablespoon Honey
- 2 tablespoon Tamari
- 500 grams Salmon Fillet, 2 x 250g fillets, skinned (1 lb 1.5 oz)
- 4 pinch or to taste Ginger, Fresh, 4 cm
- 80 grams Kale (3 oz)
- 80 grams Quinoa (3 oz)

mins, then add the choy sum and cook for a further 3 mins until the choy sum is tender and the salmon is cooked through.

5. Meanwhile, roughly chop the kale and place in a bowl with 1 tsp oil, spread out onto a baking tray and place in the oven for 5 mins until turning crispy and golden.

6. Thinly slice the spring onion into ribbons. Drain the quinoa and season with sea salt & black pepper. Stir in the remaining lime juice and the crispy kale.

7. To serve, spoon the crispy kale quinoa onto two warm plates, top with the choy sum and place the salmon over this. Drizzle over the remaining teriyaki sauce from the pan and top with the spring onion ribbons.

Tamari is a Japanese soy sauce made by fermenting soybeans and usually gluten-free. Compared with most soy sauces, it's darker, less salty, and has a strong umami flavour

Choy Sum: When substitution is required, a mixture of celery and **spinach** will often work well. Choy Sum is related to: bok choy.

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