



BAKED SALMON ASIA

Healthy, protein and omega 3 rich and very tasty.

Nutrition Facts Per Serving: Calories 281, Protein 37g, Carbs 8g, Fat 10g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 30 min



INGREDIENTS

Salmon Fillet
Asian Seafood Sauce
Thai Spice Mix
Mushroom

Broccoli
Fresh Coriander
Spring Onion
Rice (optional)

METHOD

1. Preheat oven to 180C.
2. Wash mushroom, peel and cut into chunks.
3. In a baking dish place the broccoli, mushroom and salmon.
4. Give the sauce a good shake and then pour about $\frac{1}{2}$ of the provided amount.
5. Rub the sauce well into the broccoli, mushroom and salmon but gently to avoid breaking.
6. Arrange Salmon on top and allow to marinate for 10 minutes on the counter.
7. Place in oven and **bake uncovered** for 12 minutes. If getting too dry, baste with remaining sauce. Fish should be able to fluff out with a fork. If not cook for 3 minutes longer (do not over-cook).
8. Turn on the oven's grill and bake for 3 minutes longer until top is golden.
9. Carefully transfer salmon to serving dish Surround with broccoli and mushroom, evenly pour remaining sauce then sprinkle the chopped coriander and spring onion. Serve immediately.

Optional:

- Cook the rice as a side dish

BON APPETIT