

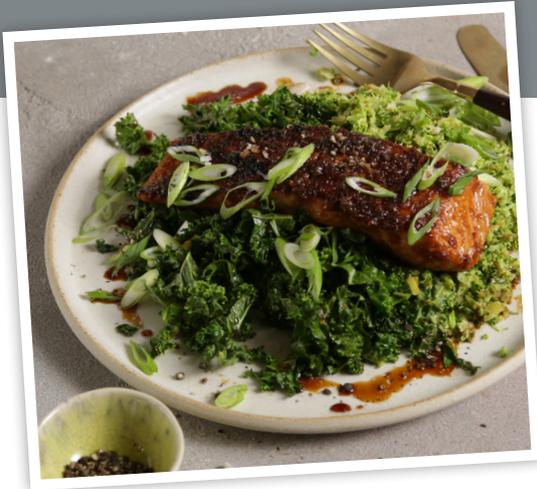


Jeeny's Asian Glazed Salmon with Broccoli Rice

Jeeny Maltese is a Latin-American born chef and food writer. She is passionate about good eating and good food, making it accessible and approachable for every-one.

Serves 2 (each serving contains approximately 510 kcal)

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Ingredients

1 head broccoli (300g)
200g curly kale
2 scallions
1 garlic clove
2.5cm piece fresh root ginger
4 tablespoons reduced sodium soy sauce (60g)
2 tablespoons honey (30g)

2 x 150g boneless salmon fillets (skin on)
salt (optional) and freshly ground black pepper

Method

Grate the broccoli florets to make “rice” – you will need 250g in total. Cut the thick stalks out of the curly kale and then finely shred – you need about 150g in total. Trim and finely slice the scallions. Set aside until needed.

Trim and peel the garlic and ginger, then finely grate. Place in a shallow dish with the soy sauce and honey, whisking to combine. Place the salmon fillets, skin side up in the marinade. Leave for at least 5 minutes or up to 20 minutes if time allows.

Heat a non-stick frying pan over a medium heat. Drain the salmon from the marinade and wipe off the excess from the skin (reserving it to use as a sauce and add to the dry frying pan skin-side down. Cook for 3-4 minutes on each side, depending on the thickness of the salmon and how well you like your salmon cooked.

Pour the reserved marinade into the pan with the salmon, reduce the heat and allow the sauce to bubble down for 2-3 minutes and reduce until you have achieved a nice thick glaze, spooning over the salmon occasionally to ensure it cooks evenly and does not catch on the bottom of the pan. Place on plates and keep warm.

Add the shredded kale to the same hot pan and sauté for 4-5 minutes until just turning bright green and arrange on the same plates as the salmon.

Tip the grated broccoli into the pan and season lightly with salt (optional) and freshly ground black pepper. Sauté for 2-3 minutes until it turns bright green. Arrange on plates with the Asian glazed salmon and curly kale, the scatter over the scallions to serve.