

Salmon with Teriyaki Sauce and Bok Choy

Salmon rubbed with sugar or honey looks extra tasty when fried. Bok Choy is a kind of cabbage, can use broccoli or green beans as alternative.

Ingredients

4 Salmon fillet with or without skin
4 ml sugar or honey
1 tsp finely chopped chilli
1 tsp salt

Teriyaki sauce

2 tbsp vinegar (e.g. ÄPPELVINÄGER MED LINGON)
3 tbsp Japanese soy sauce
2 tbsp neutral oil
2 tbsp sesame oil
3 tbsp sweet chilli sauce
2 cloves garlic
2 tsp fresh ginger (grated)

Fried Bok Choy

2 bok choy
1 tbsp neutral oil
Salt to taste

To serve

4 portion jasmine rice/plain rice
2 tbsp sesame seeds

Directions:

1. Pre-heat the oven to 150 °C.
2. Cook the rice.
3. Teriyaki sauce: Mix the vinegar, soy sauce, oil, sesame oil and sweet chilli sauce in a bowl. Stir in the finely chopped or grated garlic and ginger. Leave to stand until time to serve.
4. Rub the salmon with salt, sugar (or honey) and chilli (finely chopped). Fry one side (skin first if with skin) in a hot oiled frying pan for about 10 seconds or until it turns a nice colour. Place in an ovenproof dish, fried side up. Finish off in the oven for about 7 minutes or until the core temperature is 48 – 56 °C.
5. Fried bok choy: Cut the bok choy into two or four. Season with salt and fry it in hot oiled wok until al dente.
6. Serve the salmon with rice, bok choy and teriyaki sauce. Garnish with sesame seeds.