



BigFish Recipe™ Teriyaki Salmon with ginger

Preparation time: 10 minutes plus marinating time
Cooking time: 5 minutes
Serves: 4

Ingredients

4 x BigFish plain salmon or trout fillets, skin on
2 tbsp olive oil
1 spring onion, finely sliced (to garnish)
1 pack microwavable rice

For the marinade

¼ fresh red chilli, deseeded and finely chopped
juice of ½ lime
3 tbsp soy sauce
1 piece of stem ginger finely chopped
2 tbsp ginger syrup from the stem ginger jar
1 garlic clove, crushed

Method

Put all the marinade ingredients together in a shallow dish and mix well to combine.

Put the salmon in the dish, flesh side down. Now spoon over the marinade, making sure all the fillets are well coated. Cover with clingfilm and leave for about 20 minutes, or longer in the fridge (or you can marinate from frozen, see note).

When you're ready to cook, heat a large frying pan until hot, then add the olive oil. Take the fillets out of the dish and season with salt and pepper before frying, flesh side down, over a high heat for about 2 minutes.

Then turn the fillets over and pour the remaining marinade into the pan, spooning it over the fish. Turn the heat down slightly and cook for another 3 minutes until the salmon is just cooked and the marinade has thickened into a syrupy sauce.

Meanwhile, cook the microwave rice according to the pack instructions.

To serve, put a portion of rice on each plate or in a bowl, placing a fillet on top. Put a spoonful of sauce from the pan over each fillet and then garnish with sliced spring onion. Serve with some stir-fried vegetables to make this a perfectly balanced meal!

Note

If you wish to cook this dish immediately, defrost the salmon fillets as per the pack instructions. Alternatively, you can make up the marinade as per the recipe, pop the frozen fillets in a dish and pour over the marinade. Cover and leave to defrost naturally in the fridge for 4-5 hours. This will allow even more time for the flavours to blend.

With thanks to [Mary Berry](#) for the inspiration.