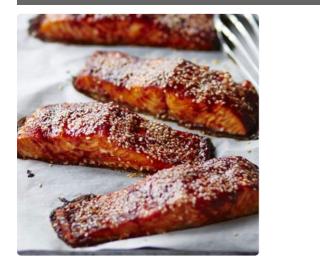
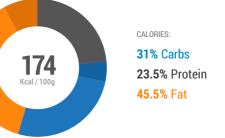
Chilli Glazed Salmon with Pak Choi

Grilled salmon, Asian inspired glaze, seared pak choi & brown rice By Mark Irish from Brakes

Overview ...





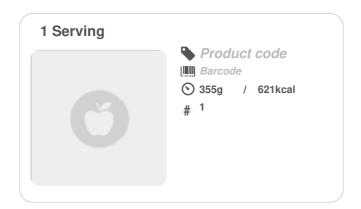
Food Labelling.

Serves 1



Recipe Ingredients	Quantity:	Description:
128687 M&J Seafood Scottish Salmon Fillet Suprêmes - BRAKES	155g	1x Each
86972 Pan Asia Sweet Chilli Dipping Sauce 1L - BRAKES	15g	1 tbsp
16285 Blue Dragon Dark Soy Sauce 2 Litre - BRAKES	10g	2 tsp
21856 Prep Premium Toasted Sesame oil - BRAKES	2g	1/2 tsp
10582 Pak Choi - BRAKES	115g	1/4 each
10439 Fresh Garlic - BRAKES	2.5g	1/2 clove
117407 Tilda Brown & White Wholegrain Rice 5kg - BRAKES	50g	
85120 Chef William Cooking Salt - BRAKES	0.3g	
9802 Brakes Extended Life Rapeseed Oil - BRAKES	5g	

Products / Pack Sizes ..



Cooking Instructions & Notes

Preparation:

Mix sweet chilli sauce, 1 tsp of soy sauce and sesame oil and set aside Cook the rice according to packing guidelines and chill immediately Cut pak choi into quarters, clean and dry Finely slice the garlic

Method:

- 1. Preheat the grill/salamander
- 2. Place the salmon skin side down on a suitable baking tray, cover with the chilli, soy and sesame glaze
- 3. Place under the grill and cook until core temperature is reached
- 4. Brush the pak choi quarters with oil and sear on the cut surface in a hot pan until coloured
- 5. Add remaining soy (1 tsp) a splash of water and sliced garlic, cover and allow to steam until cooked
- 6. Reheat the cooked rice, ensure core temperature is reached
- 7. Arrange the salmon skin side down on the plate with the rice and the pak choi
- 8. Drizzle with any remaining glaze and serve!

Generated by Nutritics v5.85 on 30th Mar 2023. Last Modified 30th Mar 2023.