

Chilli Glazed Salmon with Pak Choi

Grilled salmon, Asian inspired glaze, seared pak choi & brown rice

By Mark Irish from Brakes

Overview ...



CALORIES:

31% Carbs

23.5% Protein

45.5% Fat

Food Labelling...

Serves 1

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CONTAINS:

WHEAT

FISH

SESAME

SOYA

MAY CONTAIN:

HAZELNUTS,
PECANS,
ALMONDS,
CASHEWS,
WALNUTS,
BRAZIL NUTS,
PISTACHIOS,
MACADAMIAS

PEANUTS

| 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 ...

1 Serving



 **Product code**

 **Barcode**

 **355g** / **621kcal**

1

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!