

Dinner

Asian Sesame Salmon

10 Mins
Prep Time

15-20 Mins
Cook Time

4
Servings

 **475 Calories** **26g Fat** **21g Carbs** **35g Protein**



Ingredients

 **4 Servings** • **6 oz Salmon Fillet** Serving Size

 **25-30 Mins** Total Time

 **Allergens: Fish, Soy**

¼ Cup Honey

4 Tbsp Reduced-Sodium Soy Sauce

1 Tbsp Rice Vinegar

1 Tbsp Sesame Oil

1 Tbsp Ginger, grated 

1 Tsp Sriracha®, more or less to taste

Salt and Pepper, to taste

1 ½ lbs (24 oz) Salmon Fillets 

2 Green Onions, thinly sliced

Sesame Seeds, to garnish

Allergen Swap

Fish Replace fish with chicken breast, adjust cooking time accordingly

Soy Replace soy sauce with coconut aminos or liquid aminos

Nourishment Note



Ginger

Ginger has a variety of health benefits, including being a powerful anti-inflammatory as well as being rich in antioxidants.



Salmon

Salmon contains anti-inflammatory omega-3 fatty acids. A diet rich in omega-3 fatty acids may help to calm inflammation and reduce some lupus symptoms.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Preheat Oven

Preheat the oven to 375°F.

3. Whisk Together Marinade

In a small bowl, whisk together the honey, soy sauce, rice vinegar, sesame oil, ginger, and Sriracha®. Set aside.

4. Assemble Salmon in Foil Packets

Cut salmon into 4, 6 oz fillets. Place fillets on individual sheets of tin foil and sprinkle with salt and pepper. Fold up sides of tin foil to create a well and pour equal parts of the Asian marinade over each fillet. Fold the sides over on the foil packets, covering the salmon completely to seal the packet closed.

5. Bake Salmon

Place foil packets on a baking sheet and bake until cooked through, about 15-20 minutes, or until salmon flakes easily with a fork. Once cooked through, turn the oven to the broil setting. Open the foil packets and broil the salmon for another 2-3 minutes or until the salmon becomes slightly charred and caramelized.

6. Garnish & Serve

Sprinkle salmon with sesame seeds and top with thinly sliced green onion. Enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from damndelicious.net

What You'll Need



Small bowl



Whisk



Measuring Cups



Measuring Spoons



Microplane



Tin foil



Baking Sheet



Cutting board



Knife

Fatigue Buster

- Purchase fresh ginger paste instead of grating ginger.