

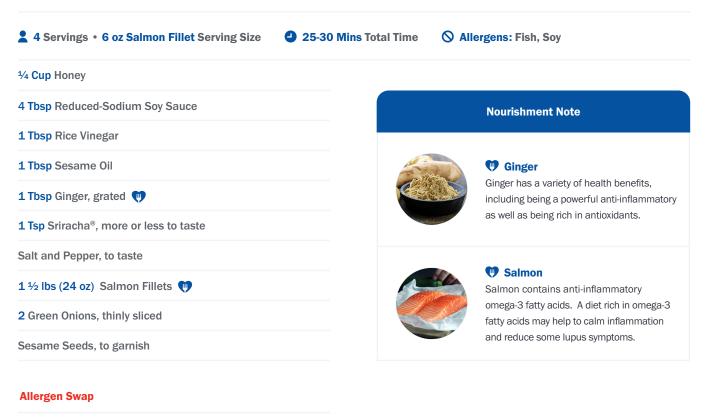
Dinner

Asian Sesame Salmon

10 Mins	15-20		4
Prep Time	Cook T		Servings
475 Calories	26g Fat	21g Carbs	35g Protein



Ingredients



Fish Replace fish with chicken breast, adjust cooking time accordingly

Soy Replace soy sauce with coconut aminos or liquid aminos



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
P	Whisk
	Measuring Cups
E	Measuring Spoons
₩ Û	Microplane
Ĩ	Tin foil
	Baking Sheet
	Cutting board
ſ	Knife

Fatigue Buster

• Purchase fresh ginger paste instead of grating ginger.