

**EASY ASIAN SALMON WITH GREENS**

1 portion

INGREDIENTS

- 100 grams salmon fillet, with skin,
- 1 tsp of ginger root, grated(2 g)
- 45ml of soy sauce (tamari)
- 5 grams of sesame seeds,
- 100 grams of chinese cabbage,
- 100 grams of broccolini,
- 100 grams of bok choy
- 5ml of sesame oil
- 1 small red chili, finely chopped (8 g)
- 1 garlic clove, crushed (3 g)

COOKING METHOD

- 1° To cook the salmon, heat a non-stick fry pan over medium temperature and cook the salmon with ginger and 5ml of soy sauce and cook for 3 minutes on each side or until cooked to liking
- 2° Sprinkle the sesame seeds over the top
- 3° To cook the greens, heat sesame oil in a non-stick fry pan over medium temperature and cook the bok choy, broccolini and cabbage with garlic, red chili and remainder soy sauce for 5-8 minutes or until cooked
- 4° Serve the salmon beside the greens

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (468 g)	% DRI
ENERGY	87 kcal	405 kcal	20 %
FAT	5 g	23 g	36 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 g	20 %
CHOLESTEROL	14 mg	67 mg	22 %
SODIUM	777 mg	3637 mg	152 %
CARBOHYDRATE	5 g	22 g	7 %
SUGARS	1 g	5 g	—
FIBER	2 g	10 g	41 %
PROTEIN	7 g	34 g	—