

ORIENTAL SALMON

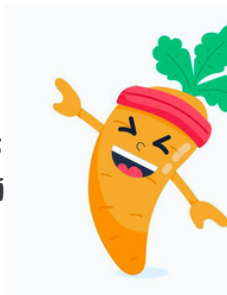
in a parcel

GRUNCH

Ingredients for 2 portions

You'll need: fish chopping board, veg chopping board, garlic crusher, knife, baking tray, large saucepan, medium saucepan, wooden spoon, colander

- 2 pieces of parchment paper or tin foil, about 40cm squared
- 2 salmon steaks
- 1 tsp rapeseed or sunflower oil
- 1 fresh red chilli, deseeded and sliced finely into rounds
- 2 spring onions, sliced finely on a slant
- 2 cm piece of fresh ginger, peeled and sliced very finely in strips
- 15g bunch of fresh coriander, chopped
- Zest and juice of ½ lime
- ½ lime, sliced very finely
- ½ tbsp sweet chilli sauce
- ½ tbsp soy sauce
- 150g vermicelli rice noodles
- 4 stems tenderstem broccoli



Prepare The Ingredients First. Then Follow Steps 1 to 9.

Step 1

200°C

Preheat the oven to 200°C.

Step 2

Lay the salmon on the fish chopping board and brush all over with the oil.



Step 3

Arrange the pieces of parchment paper or foil on a flat surface and place a salmon fillet in the middle of each square.



Step 4

Arrange the chillis, spring onions, ginger, lime zest, lime slices and coriander (in that order) on top of each fillet.

Step 5

Whisk together the lime juice, sweet chilli sauce and soy sauce and spoon over the fish.



Step 6

Time to wrap each parcel up:



Join the sides in the middle and pleat over a few times, then fold the ends over and tuck them underneath. The parcel should be loose, but airtight.

Arrange on a baking tray.



Step 7

Transfer to the oven and bake for 10-15 minutes, depending on the size of the fish, a few minutes longer if you are cooking them straight from the refrigerator.

Step 8

While the salmon is cooking...



1. Broccoli- bring a pan of water to the boil and cook the tenderstem broccoli for 3-4 minutes, or until just soft. Drain and set aside.
2. Noodles - place the rice noodles in a large bowl. Boil a kettle of water and pour over the noodles. Leave for 3-5 minutes, or until soft. Drain in a colander and rinse under the cold water.
3. Add a splash of soy sauce oil to the pan and toss the noodles and broccoli together.

Step 9

Remove the salmon from the oven and when cool enough, open up your parcel. Add the noodles and broccoli and enjoy!

