Dinner

Ginger and chilli salmon with tenderstem broccoli

Skinless salmon fillets soak up a punchy marinade of ginger, chilli, garlic, soy sauce and rice wine vinegar, then roast on one tray alongside tenderstem broccoli and spring onions.



Nut free

60 min	339	4 g	3.2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 5 cm piece of fresh root ginger, peeled and grated
- [ ] 1 red chilli, deseeded, halved and thinly sliced
- [ ] 4 skinless salmon fillets (480g total weight)
- [ ] 400 g tenderstem broccoli
- [ ] 8 spring onions, trimmed and each cut into 3 pieces
- [ ] 3 garlic cloves, crushed
- [ ] 2 tsp reduced salt soy sauce
- [ ] 1 tbsp rice wine vinegar
- [ ] 1 cal oil spray

Nutrition Facts

Per serving

Calories	**339**
Total fat	20 g
Saturated fat	3.7 g
Sodium	Not listed
Total carbs	4 g
Fiber	3.6 g
Total sugars	3.2 g
Protein	34 g

Method

- [ ] **1** Whisk the crushed garlic, grated fresh root ginger, sliced red chilli, reduced salt soy sauce and rice wine vinegar together in a large shallow dish, then add the skinless salmon fillets and leave them to marinate for at least 20 minutes, or overnight if you have time.
- [ ] **2** Heat the oven to 200°C/gas 6. Mist a shallow roasting tin with the 1 cal oil spray, spread the tenderstem broccoli and spring onion pieces over the base and give the vegetables another light spray. Cook for 10 minutes.
- [ ] **3** Lay the marinated salmon fillets on top of the vegetables, pour the marinade from the dish over everything and season well. Cook for 12-15 minutes, until the salmon is cooked through, and serve straight away.

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