

# Sticky soy & honey roasted salmon with asparagus & sugar snap peas

<IMAGE>

## Ingredients

- 200g tenderstem broccoli
- 125g asparagus spears
- 200g sugar snap peas
- 200g frozen peas
- 1 teaspoon sea salt flakes
- 1 tablespoon sesame oil
- 4 salmon fillets
- for the salmon: 1/2 tablespoon good soy sauce, 1/2 tablespoon sesame oil, 1/2 teaspoon honey
- for the dressing:
  - 6cm fresh ginger - grated
  - 1 lime - juice only
  - 1 tablespoon sesame oil
  - 3 spring onions, finely chopped
  - a handful of peanuts, roughly chopped
  - 1 red chilli, finely sliced

## Sub-recipe Ingredients

- quick cook noodles or rice, to serve (optional)

## Method

1. Preheat the oven to 180°C fan/200°C
2. Put the broccoli into a large bowl, pour over a kettleful of boiling water, leave to stand for 1 minute, then drain well.
3. Mix the broccoli, asparagus, sugar snaps, frozen peas, sea salt and sesame oil in a roasting tin

4. Put the salmon fillets in around the veg, then mix the soy, sesame oil and honey and spread this over each fillet
5. Roast for 20-25 minutes until the salmon is cooked through
6. Whisk the ginger, lime juice, sesame oil and spring onions together.
7. Pour the dressing over the vegetables, once the salmon is cooked
8. Scatter over the chopped peanuts and chilli

## Notes

- serves 4
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