MSC Wild Twists - Canada

Spicy maple soy salmon

Serves 4

Ingredients

- 4 frozen salmon fillets
- 2 spring onions
- 1 tbsp sesame seeds (white/black or mixed)

Marinade

- 4 tablespoons maple syrup
- 2 tablespoons soy sauce
- 2 cloves garlic, minced
- 2 inch ginger, minced
- 1/2 teaspoon wasabi paste or 1/2 teaspoon chilli flakes
- 1 lime juice only
- Pinch ground black pepper

Method

Defrost the salmon fillets - put them, in their packet, in a dish in the refrigerator over night - or, submerge in cold water for one hour, in their packet

Whisk together all marinade ingredients

Marinade salmon for 30 minutes

Preheat broiler to high

Line tray with foil/parchment

Arrange salmon skin side down

Broil for 8-10 minutes until fish is cooked through

Sprinkle sliced spring onions and sesame seeds to finish

Serve with

Egg noodles, tenderstem broccoli, fresh lime