



TERIYAKI SALMON

This is a simple and delicious oriental salmon recipe that children and adults enjoy. Bursting with nutritional benefits.

Ingredients (Serves 4)

- 4 fillets of wild salmon
- 2 Tbsp. Tamari (wheat free)/Soy Sauce
- 1 inch chunk of fresh ginger, skin removed

Method

- Preheat the oven to 180°C/350°F/Gas Mark 4.
- Grate the fresh ginger and mix with the tamari/soy sauce
- Place the salmon in the middle of a sheet of baking parchment on a baking tray, cover with the sauce and wrap the paper up.
- Place in the oven for 20-25 minutes, until the fish is cooked through.
- Serve with half a plate of roast vegetables/steamed veg/salad and a small portion of sweet potato mash/wholewheat pasta/brown rice.

Nutritional Benefits

Salmon is a rich source of omega 3 fatty acids needed for brain/eye health, mood, energy, joints and skin. It's also highly anti-inflammatory.

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