

Asian Salmon & Pepper Skewers

Total time **50 mins** 20 mins preparation time 20 mins marinating time 10 mins cooking time

Nutritional facts (per portion):
5056 kJ / 1264 kcal

Fat: **63 g** Protein: **88 g**
Carbohydrates: **90 g**

INGREDIENTS

2 portion(s)

400 g salmon fillet
1 lime - juice and zest
5 tbsp Kikkoman Teriyaki Marinade
1 green pepper
1 tsp Kikkoman Toasted Sesame Oil
1 pinch of chilli flakes
1 bunch of spring onions
2 tbsp roasted sesame seeds
Fennel Salad
1 fennel bulb
80 ml olive oil
1 tart apple
1 tbsp lemon juice
1 tsp honey
salt and pepper to taste

PREPARATION

Step 1

Dice the salmon. Season with pepper, chilli flakes and Kikkoman Teriyaki Marinade. Add lime juice and zest. Add sesame oil and mix thoroughly. Put aside for marinating.

Step 2

Cut green pepper into cubes similar in size to the fish.

Step 3

Cut fennel in thin strips. Cut the apple into matchsticks. Add honey, lemon juice and olive oil. Mix thoroughly. Then season with salt and pepper to taste.

Step 4

Thread the fish onto metal skewers alternately with pieces of pepper.

Step 5

Brush the skewers with the remaining marinade and sprinkle with 1 tbsp sesame seeds.

Step 6

Grill the salmon skewers on a high temperature preheated surface for around 10 minutes turning over from time to time for even cooking.

Step 7

Serve sprinkled with sliced spring onion, remaining sesame seeds and grated lime zest, together with the fennel salad.