

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

INGREDIENTS

2 portion(s)

400 g salmon fillet

1 lime - juice and zest5 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

fennel bulb
olive oil
tart apple
temon juice
honey

salt and pepper to taste

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

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.