

Baked salmon with sweet soy and sesame

Total time **45 mins** 15 mins preparation time 30 mins cooking time

Nutritional facts (per portion):
2,905 kJ / 694 kcal

Fat: **23 g** Protein: **40 g**
Carbohydrates: **78 g**

INGREDIENTS

2 portion(s)

400 g	salmon (2 salmon steaks 200 g each)
80 ml	<u>Kikkoman Sauce for Rice</u> - sweet
1 tbsp	<u>Kikkoman Toasted</u> <u>Sesame Oil</u>
2 tbsp	honey
30 g	sesame seeds
200 g	sticky rice
400 ml	water
150 g	broccoli, cut into florets and steamed or blanched
150 g	carrot, cut into sticks, steamed or blanched
	Salt and pepper
3	coriander leaves for decoration

PREPARATION

Step 1

80 ml Kikkoman Sauce for Rice - sweet - **1 tbsp** Kikkoman Toasted Sesame Oil - **2 tbsp** honey
Preheat the oven to 200°C (top and bottom heat).
In a small bowl, mix the Kikkoman Sauce for Rice with the Kikkoman Sesame Oil and honey.

Step 2

400 g salmon (2 salmon steaks, 200 g each) -
Pepper to taste - **25 g** sesame seeds
Place the salmon steaks in an ovenproof dish,
season lightly with pepper, then cover evenly with
the prepared marinade. Sprinkle the sesame over
the top of each fillet.

Step 3

Bake the salmon in the preheated oven for 12-15
minutes until just cooked but still juicy. The baking
time will vary depending on the thickness of the
fillets.

Step 4

200 g sticky rice - **400 ml** water - **150 g** broccoli,
cut into florets and steamed or blanched - **150 g**
carrot, cut into sticks, steamed or blanched
Cook the rice according to the packet instructions.
Steam or blanch the broccoli and carrots,
depending on your preference.

Step 5

5 g sesame seeds - **3** coriander leaves for
decoration
Divide the rice between plates and place the
salmon steaks next to them. Spoon some of the

juices from the baking dish over the salmon. Add the vegetables and finish with sesame seeds and coriander.