KIKKOMAN

Citrus baked salmon

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,476 kJ / 592 kcal

Fat: **38.5 g** Protein: **32 g**
Carbohydrates: **29.7 g**

INGREDIENTS

2 portion(s)

250 g	salmon fillet
3 tbsp	olive oil
1 tsp	pepper
1 tbsp	chopped parsley
0.5	lemon
0.5	lime
0.5 bunch	of green asparagus
1 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
300 g	boiled potatoes
1 tbsp	sesame seeds
40 g	rocket salad
Dressing:	
1 tbsp	olive oil
1 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 tsp	cider vinegar
1 tsp	honey

PREPARATION

Step 1

250 g salmon fillet - **2 tbsp** olive oil - **1 tsp** pepper - **1 tbsp** chopped parsley - **0.5** lemon - **0.5** lime - **0.5 bunch** of green asparagus - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce
Rub the salmon fillet with 1 tbsp olive oil, pepper and parsley. Slice the lime and lemon and place on top of the fish. Rub the asparagus with 1 tbsp olive oil and Kikkoman Less Salt Soy Sauce. Bake the asparagus together with the fish at 180 °C for 20 minutes.

Step 2

300 g boiled potatoes - **1 tbsp** olive oil - **1 tbsp** sesame seeds
Cut the potatoes into quarters. Fry them in olive oil and sprinkle with the sesame seeds.

Step 3

40 g rocket salad - **1 tbsp** olive oil - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tsp** cider vinegar - **1 tsp** honey
Mix the dressing ingredients thoroughly and pour over the rocket salad. Serve with the baked salmon and potatoes.