KIKKOMAN

Ponzu-honey salmon & pak choi rice bowl

Total time **60 mins**

Nutritional facts (per portion):
1,955 kJ / 467 kcal

Fat: **14 g** Protein: **39 g**
Carbohydrates: **45 g**

INGREDIENTS

4 portion(s)

Marinated salmon:

600 g	skinless salmon fillets, 4 pieces
100 g	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
50 g	honey
	Fresh ginger
3	finely grated cloves of garlic

Vegetables:

600 g	pak choi
100 g	red pepper
250 g	fresh sweetcorn
20 g	oil

Crunchy hemp seeds:

100 g	hemp seeds
20 g	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
250 g	brown rice

PREPARATION

Step 1

Whisk together the Kikkoman Ponzu Lemon, honey, ginger and garlic until the honey dissolves. Place the salmon fillets in the marinade. Leave to marinate for at least 10, preferably 30 minutes.

Step 2

Cook the brown rice according to the instructions on the packet. This usually takes 20-30 minutes. Preheat the oven to 160 °C. Mix the hemp seeds with 20 g Kikkoman Ponzu Lemon and spread in a single layer on a shallow baking tray. Bake for 8 minutes, then stir and cook for a further 4 minutes (12 minutes in total). When they have cooled, cut the pak choi and peppers into 2 cm wide slices. Cut the corn kernels from the cob with a large knife.

Step 3

Heat oil in a wok and stir-fry the pak choi, peppers and sweetcorn kernels. After 1 minute, add the salmon marinade and cook for a further 3 minutes until the vegetables are tender. Remove from the heat. Preheat the grill to a high heat. Place the salmon under the grill, without flipping, until the outside is well caramelised and the fish is just cooked through (7-10 minutes, depending on the thickness). Grills vary greatly in intensity, so keep an eye on the salmon to make sure it doesn't burn.

Step 4

Sprinkle each salmon fillet with the crunchy hemp

seeds. Arrange the vegetables on plates, place the salmon fillets on top and serve with the cooked brown rice.