



Teriyaki salmon parcels 243cals per serving

<https://www.bbcgoodfood.com/recipes/teriyaki-salmon-parcels> Serves 4

Method

Make the sauce and marinade. In a small bowl, whisk together the soy, honey, garlic and mirin and set aside.

Cut out some squares of foil. Using scissors, cut out 4 squares of foil, each about 30cm square. Brush each piece of foil with a little oil and bring the edges of the foil up a little.

Fill your parcels. Place a couple of broccoli stems on each one, then sit a salmon fillet on top and scatter over the ginger.

Spoon the sauce over each salmon fillet and drizzle with a little sesame oil, if you like.

Close the parcels. Fold over the edges of the foil together to seal and place the parcels on a baking sheet. Can be prepared up to 1 day ahead.

Cook the parcels. Heat oven to 200C/180C fan/gas 6. for 15-20 mins, then leave to stand for a few mins. Serve with spring onions and sesame seeds for scattering over, and some rice on the side.

Ingredients

- 2 tbsp low-salt soy sauce
- 1 tbsp clear honey
- 1 garlic clove, finely chopped
- 1 tbsp mirin (optional)
- a little sunflower oil
- 300g Tenderstem broccoli
- 4 x 100g salmon fillets
- 1 small piece of ginger
cut into matchsticks
- a little sesame oil (optional)

sliced spring onions