

Teriyaki salmon with sesame pak choi

INGREDIENTS

- 2 skinless salmon fillets
 - 1 tbsp sweet chilli sauce
 - 1 tbsp honey
 - 1 tsp sesame oil
 - 1 tbsp mirin or dry sherry
 - 2 tbsp soy sauce
 - 2 tsp finely grated ginger
 - brown rice or noodles, to serve (optional)
- For the pak choi
- 2 large pak choi (about 250g)
 - 2 tsp vegetable oil
 - 2 tsp sesame oil
 - 3 garlic cloves, grated
 - 75ml fish or vegetable stock
 - 2 tsp toasted sesame seeds, for sprinkling

DIRECTIONS

1. Heat oven to 200C/180C fan/gas 6 and put 2 skinless salmon fillets in a shallow baking dish.
2. Mix 1 tbsp sweet chilli sauce, 1 tbsp honey, 1 tsp sesame oil, 1 tbsp mirin or dry sherry, 2 tbsp soy sauce and 2 tsp finely grated ginger in a small bowl and pour over the salmon so the fillets are completely covered. Bake for 10 mins.
3. Meanwhile, cook the pak choi. Cut a slice across the base of 2 large pak choi so the leaves separate.
4. Heat 2 tsp vegetable oil and 2 tsp sesame oil in a wok, add 3 grated garlic cloves and stir-fry briefly to soften.
5. Add the pak choi and fry until the leaves start to wilt. Pour over 75ml fish or vegetable stock, tightly cover the pan and allow to cook for 5 mins – you're aiming for the stems to be tender but still have a bit of bite.^{[1][2][SEP]}
6. Serve the pak choi in shallow bowls, top with the salmon and spoon over the juices. Scatter with 2 tsp toasted sesame seeds and serve with brown rice or noodles, if you like.