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Teriyaki salmon



Preparation time
less than 30 mins

Cooking time
10 to 30 mins

Serves
Serves 2

This teriyaki salmon recipe is on the table in five simple steps. Perfect for a quick weeknight supper.

This meal provides 524 kcal, 35.5g protein, 39.5g carbohydrate (of which 14.5g sugars), 24.9g fat (of which 4.5g saturates), 1.4g fibre and 5.8g salt per portion.

By Mike Robinson
From Saturday Kitchen

Ingredients

- 2 salmon fillets
- 4-5 tbsp dark soy sauce
- 1 lime, zest and juice
- 1 small chilli
- 2 tbsp maple syrup
- 1 fat garlic clove, finely chopped
- 1 chunk of ginger, finely chopped
- 1 sheet of egg noodles
- bunch of coriander, chopped

1 tbsp sesame oil
extra lime juice

Method

1. Heat some olive oil in a pan and fry the ginger, garlic and chopped chilli.
2. Add the zest and juice of the lime and pour in the soy sauce. Add the maple syrup and cook for 1 minute or until reduced and sticky.
3. Meanwhile, pan-fry the two pieces of salmon for 2 minutes each side in a hot griddle pan.
4. When the sauce is reduced add the salmon to the teriyaki sauce frying pan.
5. Cook and drain the noodles, adding the sesame oil, seasoning and coriander and a squeeze of lime. Serve the salmon on a bed of noodles with more chopped coriander.

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