

Lemongrass & ginger salmon (1 or 2 portions; 20min)

Makes one portion as a main, or two as a side dish. You can also make it without the lemongrass.

For the preparation (ideally the day before)

180g salmon (whole or fillets, skin on or off)
1 fresh lemongrass stalk
fresh ginger 1cm x 2cm x 3cm approx.
2 pinches of salt
6 tsp sesame oil

Remove the outermost layer from the lemongrass and trim ½-1cm off the top.
Bash a few times with a pestle or the butt of a knife to bruise then trim the base off.
Cut into quarters lengthwise, then halve in length.

Chop the ginger into 1mm matchsticks.

If the fish is skinless, spread the topmost halves of the lemongrass stems over a salmon-shaped area of a microwaveable plate, and lay half the ginger on top of them; place the fish on top.
If it has skin on, salt the skin a bit and place it skin-side down onto the plate.

Sprinkle a couple of pinches of salt over the salmon. Spread the remaining lemongrass on top, breaking it apart as needed, and top with the remaining ginger.

Pour the sesame oil over the whole lot, add more if you like the flavour.

Cover with clingfilm and leave overnight in the fridge if possible, or for a few hours otherwise until defrosted.

For the cooking and eating

Make a hole in the clingfilm for steam to escape.
Microwave on high heat (900-1000w) for 2 minutes. If needed you can leave it for a while and re-microwave for 30 seconds to reheat before serving.

Remove the lemongrass before eating as it's prickly, but the ginger can be left on if you like it.
The sauce is tasty on rice and the dish goes well with green beans.