

Thai Steamed Salmon

Recipe by Clare Grundel
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	470 kj	6%
Energy (kcal)	112 kcal	6%
Fat	5.8 g	8%
of which saturates	1.1 g	6%
Carbohydrate	1.1 g	0%
of which sugars	0.9 g	1%
Fibre	1.8 g	7%
Protein	13 g	26%
Salt	1.3 g	22%

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Ingredients (Serves 2):

2 x wild salmon fillets (**FISH**),
250g shredded spring greens or kale

For the sauce

4 tbsp chopped fresh coriander,
1 large garlic clove, crushed
2 tbsp **FISH** sauce (Nam Pla),
2 tsp peeled and finely grated fresh root ginger,
2 tbsp lime juice,
Small garlic clove, crushed

Optional extras:

You can mix the greens up with this recipe. Broccoli, pak choi, and all the cabbages work well with this Thai version. Or change the flavourings, replacing the fish sauce, ginger and lime with tomato, courgette and basil. Layer any vegetables up with the longest cooking ones closest to the fish and the quickest ones at the top.

Method:

1. Place all the ingredients for the sauce in a bowl and mix to combine.
2. Generously line a vegetable steamer with two overlapping pieces of baking parchment (make the pieces large enough to come up over the top of the steamer).
3. Place the fish inside, drizzle over the sauce and top with the shredded spring greens or kale.
4. Cover with a lid and steam over hot water for 7-8 minutes or until fish is cooked.

ALLERGENS



FISH

MODIFY

Vary with seasonal greens
Bok Choi / Pak Choi
Cabbage / Broccoli

CREDIT

Recipe by: Clare Grundel
Photo by: [Caroline Attwood](#) on [Unsplash](#)