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## BAKED SALMON WITH GINGER

Baked Salmon with Ginger has a mix of sweet and sour flavours which enhance this quick and easy fish dish.

Serves 2

Per serving 173 kcal/10g fat

Preparation time 20 minutes

Cooking time 10 minutes

## INGREDIENTS

2 tbsps lemon juice  
4 tsps light muscovado sugar  
1 tsp finely chopped fresh ginger  
4 tsps chopped fresh dill  
4 tsps light soy sauce  
4 salmon steaks  
freshly ground black pepper

## METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. In a mixing bowl, combine the lemon juice, sugar, ginger, dill and soy sauce to form a glaze, and season with black pepper.
3. Place 1 salmon steak in the bowl and toss in the glaze. Repeat with the remaining 3 steaks. Transfer the salmon to an ovenproof dish and pour the marinade over.
4. Bake in the oven for 8–10 minutes until just cooked. Serve with salad or seasonal vegetables.

The fish can also be cooked under a hot grill for 6–8 minutes, depending on the thickness of the pieces. Check the fish is cooked by carefully pulling the flesh apart, using 2 knives. The flesh inside should be light pink in colour and not wet in appearance. When cooked, the flesh will flake away from the skin easily.

