



CHEF'S TABLE Shaun Rankin

Michelin Starred Chef &
Wester Ross Brand Ambassador
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Baked Salmon in soya sauce with tender stem broccoli, garlic, lime & sesame seeds

PREP 10 minutes • **COOK** 6 Minutes • **SERVES** 2

*A quick and easy, healthy meal that works for lunch
as well as dinner....*

INGREDIENTS

- 2 salmon fillets skin removed
- 1 lime
- 2 tbsp. of soya sauce
- 1 tbsp. of water
- 1 bunch of tender stem broccoli
- 2 tbsp. olive oil
- 2 cloves of garlic finely chopped
- 1 tsp of sesame seeds
- Salt & pepper to taste

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METHOD

1. Pre heat the oven to 180C.
2. Cut two sheets of foil approx. 30cm x 30 cm and place flat on your work bench.
3. Place the salmon fillets in the middle of the foil squares and gather up the edges to form a cup.
4. Pour one tbsp of soya sauce and water over each fillet.
5. Using the small side of a household grater, grate the skin of the lime over both fillets, keeping the lime for later.
6. Pull the foil parcels together like little pasties and bake on a tray in the oven for about 6 minutes.
7. Cook the tender stem broccoli in boiling salted water for 1 minute, drain and set aside.
8. In a shallow frying pan heat the olive oil on medium heat, add the chopped garlic and cook for 20 seconds, then add the tender stem broccoli, sesame seeds and season with salt and pepper.
9. To finish, carefully remove the salmon fillets from the parcels and place onto plates. Serve with the tender stem broccoli and some steamed rice if preferred.
10. Finish the salmon fillets with a squeeze of lime over the top

Shaun says:

"A simple, healthy dish for when you're short on time."