



Oven Baked Salmon with Soy & Ginger Marinade, Crunchy Cashew* Topping

Ingredients

x6 salmon darnes/fillets

Marinade:

2 tablespoons honey
3floz/75ml soy sauce
2 cloves garlic, crushed
1 inch root ginger, crushed

Crust:

4oz/110g cashew nuts, roughly crushed
Grated zest & juice of 1 lime
2 tablespoons coriander, chopped
½ red chilli, finely diced

Method

1. Mix together all the ingredients for the marinade in a large bowl.
2. Add in the salmon fillets and mix well to ensure they are completely coated.
3. Leave the salmon to marinate for at least 30 minutes, but if time allows leave the salmon to marinate for 2-3 hours.
4. Meanwhile in a small mixing bowl, mix together all the ingredients for the crust.
5. Preheat the oven to 180°C/350°F/Gas Mark 4.
6. Line two baking trays with some baking parchment.
7. Place the salmon and the marinade on the prepared baking trays, 6 on each, and divide the nutty crust between the salmon fillets and bake in the preheated oven for 20 minutes.
8. Remove from the oven, allow to cool down and refrigerate overnight.
9. To serve, arrange some mixed lettuce leaves onto a large serving platter and arrange the chilled and crusted salmon darnes on top.

Edward's Handy Hint:

- This salmon is also delicious served warm with a tasty noodle stir fry or some steamed green vegetables.
- Feel free to use this cooking method for other fish such as seabass or monkfish.
- Do not leave the salmon to marinate overnight as the marinade is just too strong.

* Dish contains nuts.

