SOY GINGER SALMON

Ingredients:



- 3 T coconut aminos or low-sodium soy sauce
- 1 T rice vinegar
- 2 cloves garlic — minced (about 2 teaspoons)
- 2 tsp grated fresh ginger
- 1 tsp honey
- 1/2 tsp garlic-chili paste — sriracha, or 1/4 teaspoon red pepper flakes
- 1 pound skin-on salmon fillet* — at room temperature, cut into 3–4 portions
- 2 tsp extra-virgin olive oil
- Chopped green onions, optional
- Toasted sesame seeds, optional

Directions:

Place a rack in the center of your oven and preheat to 425 degrees. Place a large cast-iron skillet or other sturdy, ovenproof skillet on a burner set to high and heat for at least 10 minutes. You want the pan screaming hot or the salmon will stick to it. In a small saucepan, stir together the soy sauce, rice vinegar, garlic, and ginger. Bring to a simmer over medium high, then remove from heat and stir in the honey and chili paste. Reserve a few spoonfuls of the sauce in a separate bowl for serving.

Drizzle the salmon with the olive oil and brush so that it is evenly coated. Place the salmon skin-side up on the hot skillet. Let cook for about 3 minutes, totally undisturbed, until the salmon forms a nice crust. When the salmon turns opaque on the sides and starts to turn opaque on top, use a flexible spatula to flip the salmon so that it is skin-side down. Brush or spoon the remaining glaze in the saucepan all over the top. Place the skillet immediately into the oven and let cook for 6 minutes (the salmon will appear a little undercooked in the center but will finish cooking as it rests). Remove from the oven and cover with foil. Let rest 4 to 5 minutes. Serve immediately, topped with reserved glaze, chopped green onion, and sesame seeds.

NUTRITION PER SERVING:

Amount per serving: Calories: 338, Fat: 13g, Saturated Fat: 3g, Cholesterol: 150mg, Sodium: 1213mg, Carbohydrates: 9g, Sugar: 7g, Protein: 45g