



MIRIN GLAZED SALMON

INGREDIENTS

- 60 ml mirin (Japanese sweet rice wine)
- 50g soft light brown sugar
- 60ml soy sauce
- 500g salmon (4 x 125g cut from thick part)
- 2 tbsps rice wine vinegar
- 1/2 tin coconut milk
- 1 - 2 spring onion, halved and shredded into fine strips

SALMON IS HIGH IN OMEGA-3 FATTY ACIDS, WHICH MAKES IT A VALUABLE 'BRAIN FOOD'

DIRECTIONS

- 1. Mix the mirin, brown sugar and soy sauce in a shallow dish that will take all 4 pieces of salmon and marinate the salmon in it for 3 minutes on the first side and 2 minutes on the second. Meanwhile heat a large non-stick frying pan on the hob*
- 2. Cook the salmon in the hot, dry pan for 2 minutes and then turn the salmon over, add the marinade and cook for another 2 minutes*
- 3. Remove the salmon to a plate, add the rice wine vinegar to the hot pan, and warm through*
- 4. Pour the dark, sweet, salty glaze over the salmon and top with the spring onion strips*
- 5. Serve with rice or noodles as you wish, and consider putting some sushi ginger on the table too*