



Salmon Traybake

A 1 pan dinner that is exceptionally easy to throw together with soy sauce, chili and lime. Change the vegetables if you wish. None of us want to cook when the weather gets hot. Throw everything into a pan/tray and allow the oven to do the cooking for you.

Ingredients:

- 1/2 lime, juiced
- 1 tbsp soy sauce
- 1/2 tsp sugar
- (2) 7oz salmon fillets
- 1 small head of broccoli, trimmed
- 1 cup green beans, halved
- 1 small red pepper, sliced in long strips

For the dressing:

- 1 small garlic clove, minced
- 1/2 inch fresh root ginger, peeled & grated
- 2 scallions, white part finely chopped, green thinly sliced
- 1 small red chili, very finely chopped
- 1/2 lime, juiced
- 1 tbsp soy sauce
- 1 tsp olive oil
- 1 tsp sesame oil (optional)
- 1/2 tsp sugar

Instructions:

1. Preheat the oven to 400 F. Know your oven. For a convection it may be lower.
2. In a bowl whisk lime juice, soy sauce and sugar together until sugar dissolves. Place salmon fillets into marinade and coat. Leave skin side up, for 10 minutes.
3. Lightly grease a roasting pan with oil. Place salmon fillets, skin side down at one end of the roasting pan. Place broccoli, beans and peppers onto the other end of the roasting pan. Pour remaining marinade over the vegetables to coat. Loosely cover the vegetables with aluminum foil, leaving the salmon filets uncovered. Bake for approximately 12 minutes.
4. For the dressing, whisk garlic, ginger, white part of scallions, chili, lime juice, soy sauce, olive oil, sesame oil and sugar in a small bowl.
5. When salmon is done, spoon the dressing over the vegetables. Garnish with green parts of the scallions and serve.

