



MAPLE SOY GLAZED SALMON

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

- 3 tbsp **pure maple syrup**
- 3 tbsp **reduced sodium soy sauce**,
or gluten-free **soy sauce**
- 1 tbsp **sriracha hot sauce**
- 1 clove **garlic**, smashed
- 4 170g **wild salmon fillets**, skinless

MACROS PER PORTION

CALORIES	287	PROTEIN	35
CARBS	12	FATS	11
FIBRE	1		

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7.

Then combine the maple syrup, soy sauce, sriracha and garlic in a small bowl, pour into a large sized resealable bag and add the salmon. Let the fish marinate for 20 to 60 minutes, turning occasionally.

Meanwhile, lightly grease a baking sheet with non-stick spray. Remove the fish from the marinade, pat lightly with kitchen towels and pour the marinade in a small saucepan.

Arrange the fish on the baking sheet and cook for around 8 to 10 minutes.

While the salmon cooks, bring the marinade to a gentle simmer over medium heat and reduce until it thickens into a glaze.

Spoon the glaze over the fish and serve.