

Orange- Vanilla Glazed Salmon with Green Vegetable



Total Time: 70 mins

Portions: 4 Portions

Ingredients

Salmon

- 4 Salmon Filets skinless, 150g each
- 1 Orange
- 1 Taylor & Colledge Organic Vanilla Pods
- 50 ml Maple Syrup
- Clove Garlic sliced
- 15 ml Olive Oil

Vegetables

- Clove Garlic sliced
- 3 Spring Onions
- 3 Baby Pak Choi
- 15 ml Olive Oil
- 150 g Snap Peas
- 150 g Edamame
- 200 g Green Beans
- 50 ml Vegetable stock
- 4 tbsp Dark Soy Sauce
- 15 g Sesame Seeds
- pinch Salt
- pinch ground black pepper

Preparation

1. Cut the salmon in 4 pieces and place them in a casserole or deep dish.
2. Combine orange juice, orange zest, maple syrup and garlic to small saucepan. Split the vanilla pod with a knife and scrape out the seeds. Add both to the saucepan and bring to a boil. Pour the liquid over the salmon and marinate for 30 minutes.
3. Slice the spring onion into 1 cm pieces. Chop the pak choi. Remove the tough ends from the snap peas and green beans. Cook the snap peas, green beans and edamame in boiling water for 5 minutes, then drain.
4. Heat 1 tbsp olive oil in a frying pan or skillet over medium-high heat. Sear the salmon, 4 minutes each side. Pour in the remaining marinade and evenly coat the salmon. Remove from heat once the salmon is cooked.
5. In a second frying pan, heat 1 tbsp olive oil. Add the garlic, spring onions and pak choi and stir fry for 3 – 4 minutes. Add snap peas, green beans and edamame. Pour in the broth and soy sauce, season with salt, pepper and sesame seeds.
6. Serve the salmon on top of the green vegetables and drizzle with orange-vanilla marinade.