TAYLOR & COLLEDGE

Orange- Vanilla Glazed Salmon with Green Vegetable



Preparation: 20 mins
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 pot 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 marinade 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 peans 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.