

 4 servings

 10 mins prep

 40 mins cooking





Sticky Japanese Salmon Tray Bake

INGREDIENTS

500g sweet potato, cut in wedges
2 tbsp mirin
2 tbsp maple syrup
2 tbsp soy sauce
1 tbsp fresh lime juice
4 Salmon skin off fillets
1 bunch asparagus, halved lengthways
1 bunch broccolini, trimmed
200g punnet grape tomatoes
2 tsp sesame seeds, toasted
Steamed white rice

DIRECTIONS

1. Preheat oven to 180 degrees Celsius fan forced. Line a baking tray with baking paper. Arrange cut sweet potatoes on tray. Spray with olive oil and bake for 30 mins
2. Combine mirin, maple syrup and soy sauce in small saucepan over medium heat. Bring to boil and simmer 3 - 5 mins or until reduce by half. Set aside til cool and add fresh lime juice
3. Add salmon fillets to baking tray, drizzle mirin mixture over salmon. Add to tray asparagus, broccolini and tomatoes around salmon and bake for 15 mins
4. Steam white rice and lightly toast sesame seeds
5. Service rice with vegetables and salmon and top with sesame seeds

NOTES