



# Brenda's Sticky Salmon

**Serves 4    370Kcal per serving**

## Ingredients

4 salmon fillets (100g each)

2 tablespoons olive oil

1 tablespoon sesame oil

5 tablespoons honey

3 cloves of garlic

1/2 tsp of ground ginger

1/2 tsp of black pepper

Pinch of salt

## Method

Mix all the ingredients in a bowl and pour over your salmon fillets. If time allows marinade for up to one hour to allow the flavours infuse.

Bake for 20 minutes uncovered so the sauce thickens and gets a little sticky.

Cook's note: If using chicken thighs sear the chicken well on the pan first.

Serve with your favourite noodles and stir fry vegetables adjusting your calories accordingly.