

Thai Steamed Salmon

Ingredients:

Low fat cooking spray	2 tbspsns fish sauce
4 medium shallots & 2.5cm (1 inch) piece root ginger (all sliced finely)	2 salmon steaks, about 3cm (1 ¼ inch) thick (approx 150g (5 oz) each
2 garlic cloves	fresh coriander to garnish
25g (1oz) soft brown sugar	

Method:

1. Heat frying pan, spray with low-fat cooking spray. Fry shallots, ginger and garlic for 1 min until aromatic. Add sugar and fish sauce. Stir and set aside.
2. Place each piece of salmon on middle of piece of baking paper, four times its size. Pile ginger mixture on top of each. Fold up baking paper around fish to make air-tight parcel. (I used 1 or 2 cocktail sticks to secure paper.)
3. Place both parcels in steamer basket, cover and steam for 10 mins or until steaks are opaque and cooked through.

Serve immediately. Pour sauce over each steak and decorate with coriander sprigs.

Prep and cooking time 30 mins.

310 calories per serving

This can be cooked in oven wrapped in foil (sprayed with low-fat spray)