

Ginger-Glazed Salmon

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Servings: 4

*1/4 cup extra-virgin olive oil
3 tablespoons soy sauce
2 tablespoons roasted
sesame oil
1 tablespoon fresh ginger,
minced
1 tablespoon pure maple
syrup
1 tablespoon Chinese
mustard
1 tablespoon sriracha
2 cloves garlic, minced
4 (6- to 7-ounce) skin-on
salmon fillets
1 bunch chopped scallions
(for topping)
sesame seeds (for topping)*

Preparation Time: 15 minutes

In a large bowl, combine the olive oil, soy sauce, sesame oil, ginger, maple syrup, Chinese mustard, sriracha and garlic. Pour one-third of the mixture into a small bowl and reserve. Add the salmon fillets to the large bowl. Cover.

Marinate in the refrigerator for 30 minutes.

Heat a large nonstick skillet over medium-high heat. Add a drizzle of olive oil to coat the skillet. Add the salmon, skin-side down. Cook until crispy, 5 minutes, lowering the heat if the glaze starts to get too dark in the pan. Baste the flesh side with the reserved marinade. Flip and cook until the salmon is cooked through and the flesh side is golden brown, 3 to 4 more minutes.

Transfer to a platter. Top with the chopped scallions and sesame seeds.

Per Serving (excluding unknown items): 133 Calories; 14g Fat (90.8% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 819mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.