



## Sweet Chili Salmon

By Chef Veera Gaul, Ph.D.



### Ingredients

4 pieces of salmon (1 ½ - 2 lb total weight)  
¼ cup fresh cilantro, chopped  
¼ cup honey  
2 tablespoons Asian Sambal Oleak (or Chili Garlic sauce)  
2 tablespoons soy sauce  
2 tablespoons fresh lime juice  
Zest from one lime  
1 tablespoon rice vinegar  
1 tablespoon ginger, grated or minced very fine  
1 tablespoon fish sauce  
1 tablespoon lemongrass, either paste or fresh and minced fine  
¼ cup water or 3 ice cubes

### For Garnish

Sliced green onions  
Lime wedges  
Sliced red fresno chilies  
Drizzle of O&V **Roasted Sesame oil** or O&V **Lime Grape seed oil**

### Preparation

Line a large rimmed baking sheet with a double layer of foil (makes for easy clean up). Place salmon on the baking sheet ensuring that the pieces of fish don't touch each other. Make a couple of parallel slashes in the salmon about 1 inch apart, and about

halfway through the thickness of your salmon (the cuts help the seasonings to get into the fish for better flavor and the culinary term for this is scoring).

In a bowl whisk together cilantro, honey, sambal, soy sauce, lime juice, lime zest, rice vinegar, ginger, fish sauce and lemongrass.

Spoon  $\frac{3}{4}$  of the sauce over the pieces of salmon. Cover loosely with plastic wrap and place in refrigerator for 15-45 minutes.

Preheat oven to 425F. Remove salmon from the fridge. Add water (or ice cubes) to the pan – don't pour the water over the salmon, just into the pan.

Bake in oven for 8-12 minutes until the thickest part of salmon is fully cooked (pink, opaque, and a fork is easily inserted)

Serve immediately drizzled with the remaining sauce and garnished with green onions, lime wedges and sliced fresno chilies

Serves 4

Active Time: 8-10 minutes Total Time: 30 - 65 minutes

### Notes

\* The **Roasted Sesame** or **Lime Oil** added at the end enhances the flavor of the dish tremendously, but you can also drizzle with a high quality unflavored extra virgin olive oil.

Categories: Entrees, Dairy Free Option, Gluten Free, Salmon, Asian Sambal Oleak, Chili Garlic Sauce, Soy Sauce, Rice Vinegar, Lemongrass, Ginger, Lime, Sweet Chili Salmon, Easy Weeknight Meal, Mediterranean Diet, Asian flavors