
Teriyaki Fish

3 Tbsp soya sauce
2 tsp sesame oil
1 Tbsp seasoned rice vinegar
1 Tbsp honey
2 tsp peeled & grated ginger
½ tsp cornstarch
¼ tsp ground black pepper
1 green onion minced
1 clove garlic minced
4 salmon steaks 1" thick (6 oz)

Slice green onion to garnish

- Preheat boiler
- Grease rack

Prepare Sauce:

Mix soya sauce, sesame oil, vinegar, honey, ginger, cornstarch, pepper, and green onion, garlic.

- Place fish in broiling pan and brush with half the sauce.
- Place pan in broiler to at closest position to heat sauce
- Broil 5 min.
- Remove pan
- Turn fish over & brush with remaining sauce.
- Broil for 4 to 5 min. longer or until the fish is golden brown on the side & opaque throughout.
- Sprinkle with sliced onions

Preparation Time: 15 min. 35 g portion Cal.260
Cooking Time: 10 min Carbs 8 g Fat 9 g
Serve: 3 to 4