



— Teriyaki — Salmon and Pasta

Serves 4

Prep time: **10 mins**
Cook time: **25 mins**

Ingredients

- 1 red capsicum, deseeded and cut into chunks
- 1 yellow or green capsicum, deseeded and cut into chunks
- 2 tsp canola oil
- 400g salmon fillet
- 2 tbsp teriyaki marinade
- 1 tbsp black and white sesame seeds
- 200g uncooked wholemeal pasta (e.g. fusilli, spaghetti)
- 1 tbsp olive oil
- 1 cucumber, shredded or cut into thin strips
- Juice of 1 lime
- 1 tsp teriyaki marinade
- A dash of pepper

Method

- In a screw top jar, shake up the olive oil, cucumber, lime juice, teriyaki marinade and pepper.
- Cook pasta according to packaging. Pour dressing over pasta and set aside.

- Preheat oven to 180°C or preheat grill.
- Season salmon with teriyaki marinade. Brush the capsicums with the oil.
- Place salmon and capsicums on a lightly greased baking dish or line dish with baking paper.
- Bake or grill for 10 minutes on each side.
- Sprinkle the sesame seeds on top before serving. Serve with pasta.

Or

- Heat 2 tsp of oil in a pan, place capsicum and salmon in pan and pan-fry for 1 – 2 minutes.
- Flip salmon fillet and pan-fry for another 5 – 10 minutes or until salmon is cooked through.
- Sprinkle the sesame seeds on top before serving. Serve with pasta.

Nutrition Information

(Per serving)

Energy: **378 kcal**
 Protein: **26.9g**
 Total fat: **13.4g**
 Carbohydrates: **39.2g**
 Dietary fibre: **6g**

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Health Bites



Choose healthier oils

Reduce the risk of heart disease by choosing your oils wisely. Unsaturated oils such as soybean, corn and peanut oils are far healthier than saturated oils such as ghee, butter and blended vegetable oil.



Goodness of the catch

Enjoy the goodness of oily fishes like salmon, tuna, sardine and mackerel. These fishes are rich in omega-3 fatty acid, which can help prevent heart disease and stroke.



Healthier cooking methods

Instead of frying, choose to bake, grill, stir-fry or air-fry to create tasty dishes that are healthier and lower in fat.

