

Vietnamese Caramel Glazed Salmon

1 Tbsp canola oil
1 clove garlic, crushed
¼ cup brown sugar
1 Tbsp fish sauce
1 Tbsp mirrin or sherry
2 salmon fillets

Heat 2 tspn oil in saucepan, add garlic and cook for a minute. Add brown sugar, fish sauce, mirrin/sherry and ¼ cup water. Bring to the boil and simmer for 15 minutes or until syrupy. Remove from heat and leave to cool. Brush salmon lightly with remaining oil, lightly season with salt and pepper and cook in non stick fry pan for a couple of minutes each side. When salmon is almost cooked, reduce heat and add sauce; turn salmon fillets to coat taking care not to burn glaze. Serve with rice and stir-fried or steamed vegetables. Serves 2

Health Benefits of Salmon

- A rich source of Omega 3 fatty acids (currently deficient in NZ diet).
- An excellent source of high quality protein
- Rich in fat soluble vitamins A & D
- A good source of vitamin B12
- Protective against heart disease
- A source of iron and calcium