

SOY GINGER SALMON



SERVING SIZE

3



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Low-sodium Soy Sauce	3 tbsp.	Garlic-chili Paste or Sriracha (or ¼ Tsp Red Pepper Flakes)	½ tsp.
Vinegar	1 tbsp.	Skin-on Salmon Fillet, Cut Into 3-4 Portions	1 lb
Cloves Garlic, Minced	2	Oil	2 tsp.
Grated Fresh Ginger	2 tsp.	Chopped Green Onions, for Serving	
Ideal Protein Maple Syrup	1 tsp.		



PREPARATION

- In a small bowl, whisk together soy sauce, vinegar, garlic, ginger, maple syrup, and chili paste or red pepper flakes to make the marinade.
- Place salmon portions in a shallow dish. Pour marinade over the salmon, cover, and refrigerate for 20-30 minutes.
- Heat oil in a non-stick skillet over medium heat.
- Remove salmon from marinade. Place skin-side down in the skillet.
- Cook for 4-5 minutes, then flip and cook another 3-4 minutes, or until salmon is cooked through and flakes easily.
- Garnish with chopped green onions and serve hot. Enjoy!