



Sticky jerk salmon with mash

Prep: 25 minutes • Cook: 10 minutes • Serves: 4



Ingredients

½ onion, chopped
1 spring onion, chopped
2 red chilli peppers, chopped
2 garlic cloves, chopped
½ teaspoon Chinese 5-spice powder
½ teaspoon allspice
½ tablespoon ground black pepper
½ tablespoon fresh (or ½ teaspoon dried) thyme
½ teaspoon dried nutmeg or cinnamon
2 tablespoons reduced-salt dark soy sauce
2 tablespoons clear honey
4 salmon fillets (100-120g each)
600g potatoes, peeled and cubed
Juice of 2 lime or lemons
½ medium red cabbage, sliced
1 mango, peeled & sliced
1 red pepper, sliced
6 spring onions, thinly sliced
10g fresh coriander, stalks discarded
Black pepper, ground
50g unsalted butter

Nutritional info

Low phosphate ✓

Low potassium ✗

Carbohydrate **50g**

Low protein ✗

Low salt ✓

Cost per portion (September 2023) **£2.32**

Energy in kcals **553**

- 1** In a food blender, combine the onion, spring onion, chilli peppers, garlic cloves, herbs, spices, soy sauce and one tablespoon of the honey. Blitz until it comes together as a paste.
- 2** Place the salmon fillets into a large shallow bowl and spread the jerk paste all over both sides of each fillet. Set the salmon aside to marinate for a few minutes.
- 3** Peel and chop the potatoes and add to a saucepan, covered with plenty of water. Boil on a medium heat until soft. Drain and set aside.
- 4** Preheat the grill to medium. Place the marinated salmon fillets, skin side upwards, onto a foil-lined baking tray and grill for 8-10 minutes, or until the salmon is cooked through (be careful that the sweet jerk sauce doesn't catch and brown too much – if necessary, move the tray lower in the grill).
- 5** While the salmon fillets are cooking, drain the potatoes again and add the butter to the pan, then mash thoroughly. The mash can sit in the pan until ready to serve.
- 6** In a large bowl, mix together the salad ingredients (red cabbage, mango, red pepper, spring onions and coriander). Mix the lime juice and remaining tablespoon of honey together and stir the dressing through the salad. Once the salmon is cooked, serve the mash with the dressed salad alongside and salmon fillet on top.