KIKKOMAN

# Salmão com molho de soja

Tempo total **50 Mins.** **35 Mins.** Tempo de preparação **15 Mins.** Tempo de marinada

Informação nutricional (por porção)
**1.774 kJ / 424 kcal**

Gorduras totais: **24,9 g** Proteína: **34,8 g**
Hidratos de carbono: **5,4 g**

## INGREDIENTES

**4 Porções**

**Ingredientes para o salmão:**

| | |
|---|---|
| **2 colheres de sopa** | Kikkoman Tempero para Arroz de Sushi (125ml) |
| **2 colheres de sopa** | Kikkoman Molho de Soja Fermentado Naturalmente |
| **1 colheres de chá** | de gengibre fresco ralado |
| **2 colheres de chá** | de piri-piri |
| **4** | 150 g filetes de salmão |
| **1 colheres de chá** | de óleo de amendoim |

**Ingredientes para o tacho de legumes:**

| | |
|---|---|
| **2 colheres de sopa** | de óleo de amendoim |
| **150 g** | de brócolos |
| **1** | pimento vermelho, sem sementes e cortado em tiras finas |
| **175 g** | rebentos de soja |
| **115 ml** | caldo de peixe |

## PREPARAÇÃO

**Passo 1**

Mix together the rice vinegar, Kikkoman Tamari Gluten-free soy sauce, ginger and chilli sauce. Place the salmon fillets in a shallow dish and pour over the soy sauce mixture. Set aside for 15 minutes or longer.

**Passo 2**

Heat a ridged grill pan or heavy frying pan and lightly grease with the oil. Add the fish to the pan and cook for about 5 minutes, turning the fillet over once.

**Passo 3**

While the salmon is cooking, stir-fry the vegetables. Heat the oil in a wok or frying pan, add the tenderstem broccoli and red pepper and stir-fry for 5 minutes.

**Passo 4**

Add the bean sprouts and any marinade left in the salmon dish and stir-fry for a further 2-3 minutes or until the vegetables are just tender.

**Passo 5**

When the salmon is cooked, remove the fillets from the pan and keep warm. Add the fish stock to the pan the salmon was cooked in and let the stock bubble for 1 minute, scraping the pan with a spoon to incorporate any cooking juices.

**Passo 6**

Serve the salmon accompanied with the vegetables and the pan juices drizzled over.