

YIELD: 3 PEOPLE

Sweet Chili Salmon

Sweet Chili Salmon - quick and easy salmon with Thai sweet chili sauce. The recipe takes only 15 mins on skillet or you can bake it.



PREP TIME

5 minutes

COOK TIME

10 minutes

TOTAL TIME

15 minutes

INGREDIENTS

- 1 lb (0.4kg) salmon, cut into 2-3 pieces
- salt
- black pepper
- 1 teaspoon oil
- 4 tablespoons bottled Thai sweet chili sauce
- 1 1/2 teaspoons lime juice
- 1/2 teaspoon white sesame
- 1/2 tablespoon chopped cilantro leaves

INSTRUCTIONS

1. Season the salmon with a wee bit of salt and pepper. Mix the sweet chili sauce, lime juice, sesame and cilantro leaves together. Stir to combine well. Set aside.

2. Heat up a skillet with the oil on medium heat. Pan sear the salmon on both sides, until cooked. Transfer the salmon onto a serving platter, add the sweet chili sauce on top of the salmon and serve immediately.

NOTES

You may bake the salmon at 450F for about 12 or 15 minutes or until they are cooked through.

Nutrition Information

Yield 3

Serving Size 3 people

Amount Per Serving

Calories 275

Total Fat 11g

Saturated Fat 3g

Unsaturated Fat 0g

Cholesterol 83mg

Sodium 293mg

Carbohydrates 11g

Fiber 1g

Sugar 11g

Protein 30g

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