



## SATAY SALMON WITH SMACKED CUCUMBER SALAD



2 servings



45 minutes

### INGREDIENTS

2 skinless salmon fillets

For the marinade

1 heaped tablespoon smooth peanut  
butter

1 teaspoon ginger paste

$\frac{1}{4}$  teaspoon mild curry powder 2

tablespoons light soy sauce

1 tablespoon rice vinegar

1 teaspoon honey

For the smashed cucumber salad

1 cucumber

2 tablespoons rice vinegar

1 tablespoon light soy sauce

$\frac{1}{4}$  teaspoon garlic granules

1 teaspoon caster (superfine) sugar

1 teaspoon crispy chilli oil

1 teaspoon salt

### DIRECTIONS

1. Mix the marinade ingredients together in a bowl, add the salmon fillets and mix to coat. Cover and refrigerate for at least 30 minutes.
2. Preheat the oven 230°C/210°C fan (450°F) Gas Mark 8, or set an air fryer to 200°C (400°F).
3. Take the whole cucumber and, using a rolling pin, smack the cucumber so that it splits, then chop into 2cm ( $\frac{3}{4}$  inch) pieces.
4. Put the cucumber into a mixing bowl with the rice vinegar, soy sauce, garlic granules, sugar, chilli oil and salt, toss together and leave to sit.
5. Take the salmon from the refrigerator, mix into the marinade one more time, then place on a baking tray and bake in the oven or air fryer for 8 minutes until golden and the salmon flakes easily.
6. Serve the salmon with the smashed cucumber salad.

*Under 350kcal, 24g protein per serving*