

Orange Hoisin Salmon

- *Prep time: 5 minutes/Cooking Time 7-10 minutes*
- *Preheat broiler, with rack set 4 inches (10cm) from the top*
- *Rimmed Baking Sheet Lightly greased*

2 tbsp hoisin sauce
1 tbsp frozen orange juice concentrate
2 tsp grated orange zest
2 tsp liquid honey
Pinch salt
Pinch freshly ground pepper
4 salmon fillets (1 ½ lbs/750 g total)
vegetable cooking spray

1. In small bowl, combine hoisin sauce, orange juice concentrate, orange zest and honey
2. Place Salmon on baking sheet and baste both sides with hoisin mixture. Season with salt and pepper.
3. Broil for 7 to 10 minutes or until fish is opaque and flakes easily with a fork.

From: Dietitians of Canada Cookbook 2007 "Simply Great Food".



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