



## Pan Seared Salmon with Asian BBQ Sauce

### Pan Seared Salmon

#### INGREDIENTS:

2, 4 ounce Salmon fillets Or any other type of fish  
1 teaspoon Olive oil  
Pinch Salt and pepper

#### PREPARATION:

- Preheat oven to 375°F.
- Preheat sauté pan to medium high heat.
- Add olive oil
- Season salmon filets
- Sear each salmon filet on hot sauté pan for about 4 minutes, Do not touch the salmon for at least 2 minutes while it's cooking!
- If cooking ahead, simply sear each side and then finish cooking in the oven and follow remaining directions.
- .Then place the pan in the oven.
- Bake for about 15 minutes.
- Serve with your favorite sauce or the Peanut ginger sesame sauce.

**Number of servings:** 2

**Serving size:** 1- 4 ounce fillet

**Calories:** 190

**Fat grams:** 7

### Asian BBQ Sauce

#### INGREDIENTS:

1/3 cups Hoisin Sauce  
1 teaspoon Plum Sauce  
1 tablespoon Sweet Chili Sauce  
1 tablespoon Soy Sauce, Low Sodium  
1 tablespoon Rice Wine Vinegar  
1 tablespoon Orange Juice Concentrate  
2 teaspoons Lime Juice, Fresh Squeezed  
1/2 teaspoon Garlic, Minced  
1 tablespoon Pineapple, Chopped





2 teaspoons Basil Leaves

**PREPARATION:**

- Combine all of the ingredients in the blender and blend until smooth
- Store in an airtight container and refrigerate
- At time of service transfer to a sauce pot and heat at a simmer for 15 minutes

**Servings: 6**

**Serving Size: 1 ounce/person**

**Calories: 44**

**Fat Grams: 0**

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