Five Spice Glazed Salmon with Sesame Green Beans

Description

Chinese five-spice powder, honey, and soy sauce create a tasty glaze for this simple salmon dish. Broil the green beans and salmon on the same baking sheet, and you have a meal in minutes.



Summary

Yield: 4
Prep Time: 20 minutes
Category: Fish
Cuisine: American

Ingredients

- 1/4 cup honey
- 4 tsp soy sauce
- 1 1/2 tsp five spice powder
- 4 6 oz. salmon fillets
- 1 lb green beans trimmed
- 2 tsp canola oil
- 1 tsp sesame oil
- 2 tbsp toasted sesame seeds
- 1 tsp lemon juice

Instructions

In a small bowl, whisk the honey, soy sauce, five-spice powder, and garlic.

Put the salmon skin side down on a large plate and pour the honey mixture over it.

Flip the fillets so they are skin side up.

Let the fish marinate for 15 minutes at room temperature.

Position a rack 6 inches from the broiler and heat the broiler on high.

Line a large rimmed baking sheet with foil and coat with cooking spray.

In a large bowl, toss the green beans with the canola and sesame oils.

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Arrange the beans on one half of the prepared baking sheet and season with salt and pepper.

Arrange the salmon skin side down on the other half of the baking sheet.

Brush the salmon with any remaining marinade from the plate.

Broil the salmon and green beans for 3 minutes.

Remove the pan from the oven, toss the green beans with tongs, and reposition the salmon pieces as needed so that they cook evenly.

Continue to broil until the salmon is just cooked through and the beans are crisp-tender, 2 to 3 minutes.

Toss the green beans with the sesame seeds and lemon juice and serve.