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I love broiling salmon instead of baking because it is such a delicate meat that cooks fast. A blast of heat on the outside is enough, just like with steak. You want fish to retain its natural juices and moisture. My kids didn't find this baked salmon recipe spicy at all and they are picky with spices. It was a perfect amount of a heat kick and nobody complained about sweetness.:) I would omit green onions for kids and a must for adults!

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Thai Baked Salmon Recipe

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Ingredients

6 x 6 oz sockeye salmon fillets, skin on or off
Pinch of salt
1/2 cup + 2 tbsp Thai sweet chili sauce
(<http://ifoodreal.com/thai-sweet-chili-sauce-recipe/>), divided
2 - 3 tbsp green onions, chopped
Cooking spray (I use Misto



(http://www.amazon.com/gp/product/B00004SPZV/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B00004SPZV&linkCode=as2&tag=if0466-20&linkId=0707E4LETQD2QREE)

Directions

1. In a large baking dish, lay down salmon fillets in a row. Each fillet - sprinkle with a pinch of salt and top with 1 tbsp Thai sweet chili sauce. Brush or rub with your fingers to coat fish with sauce evenly on top, bottom and sides. Cover and let marinate in the fridge for at least 2 hours or overnight is the best (up to 24 hours).
2. Turn on oven's broiler on High and position top oven rack 5" - 6" below the heat source. Line large baking sheet with unbleached parchment paper (http://www.amazon.com/gp/product/B001KUWGDS/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=B001KUWGDS&linkCode=as2&tag=if0466-20&linkId=QMQJZIFRLU4AZEVL), spray with cooking spray and place salmon fillets skin side down (if any). Coat with remaining marinade from the dish (if any).



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3. Broil for 8 minutes, rotating baking sheet once. Remove from the oven and brush top of each fillet with 2 tsp of Thai sweet chili sauce. Return to the oven and broil for another 5 minutes or until salmon has caramelized. Serve hot garnished with green onions, extra sauce (if desired) with brown rice or quinoa on a side.

Storage Instructions: Refrigerate covered for up to 3 days.

Nutritional Info

Servings Per Recipe: 6

Amount Per Serving = 1 fillet:

Calories: 421.7

Total Fat: 18.3 g

Cholesterol: 145.0 mg

Sodium: 435.0 mg

Total Carbs: 15.8 g

Sugars: 13 g

Dietary Fiber: 0.0 g

Protein: 45.0 g

WW Points+: 11

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