



Salmon In Banana Leaf

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large banana leaves (big enough to wrap your salmon in)
- 1 pinch cinnamon
- 1 pinch fennel seeds
- 1 tablespoon fish sauce
- 1 clove garlic minced
- 1 piece ginger minced
- 1.5 tablespoons peach preserves
- 2 servings to 5 chilies red crushed

- 0.3 cup rice uncooked ()
- 0.8 teaspoon rice vinegar
- 2 salmon steaks
- 2 spring onion thin
- 6 spring onion
- 0.8 teaspoon sesame oil
- 1.3 teaspoons soya sauce
- 1 star anise
- 2 tablespoons tahini
- 1 tablespoon vegetable oil

Equipment

- whisk
- pot
- microwave
- steamer basket

Directions

- Begin by mixing all of your marinade ingredients together and pouring it over the salmon in a big baggy or container. Marinate under refrigeration for at least a half an hour or up to 2 hours. While salmon is marinating, put all of your scented rice powder ingredients into a spice grinder and pulse until everything is coarsely ground. Remember, you want a few larger crumbles of rice for mouth-feel!
- Remove the salmon from the marinade (discarding any leftover marinade) and coat it with some of the scented rice powder on each side. You won't use it all with just the 2 pieces of salmon. Save some for another time.
- Lay your banana leaves out flat.
- Place one salmon fillet in the center of each leaf. Fold one side over the salmon. Fold the opposite side over that, then both ends to make a little package.
- Place salmon packets in a steamer basket over boiling water. Put all of the marinade ingredients into a small sauce pot or alternately, a microwave safe dish and bring to a heat.

- Whisk everything together and it's ready to serve. After ~10-13 minutes, salmon will be finished. Flip the smooth side of the banana leaves up and make a slit through them to serve...they kinda look like tamales, huh!! served with chinese noodles, corn and the dipping sauce.

Nutrition Facts

PROTEIN 28.59% **FAT 43.94%** **CARBS 27.47%**

Properties

Glycemic Index:172.59, Glycemic Load:18.04, Inflammation Score:-8, Nutrition Score:38.384782608696%

Flavonoids

Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg, Quercetin: 5.15mg

Nutrients (% of daily need)

Calories: 563.47kcal (28.17%), Fat: 27.52g (42.34%), Saturated Fat: 4.11g (25.68%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 35.68g (12.97%), Sugar: 9.42g (10.47%), Cholesterol: 93.5mg (31.17%), Sodium: 1011.84mg (43.99%), Protein: 40.29g (80.57%), Vitamin K: 113.55µg (108.15%), Selenium: 72.46µg (103.52%), Vitamin B12: 5.45µg (90.82%), Vitamin B6: 1.61mg (80.35%), Vitamin B3: 15.4mg (77%), Phosphorus: 523.77mg (52.38%), Vitamin B1: 0.69mg (45.72%), Vitamin B2: 0.75mg (44.16%), Copper: 0.82mg (40.87%), Potassium: 1175.23mg (33.58%), Vitamin C: 26.25mg (31.81%), Vitamin B5: 3.17mg (31.67%), Magnesium: 103.82mg (25.95%), Manganese: 0.52mg (25.79%), Folate: 99.47µg (24.87%), Iron: 3.59mg (19.94%), Zinc: 2.37mg (15.77%), Vitamin A: 655.55IU (13.11%), Fiber: 3.03g (12.1%), Calcium: 105.2mg (10.52%), Vitamin E: 0.97mg (6.44%)