

Oriental Style Glazed Salmon Kebabs



Utensils



Bowl



Lemon juicer



Sharp knife



Teaspoon



Tablespoon



8 Wooden skewers



Brush



Wooden spoon

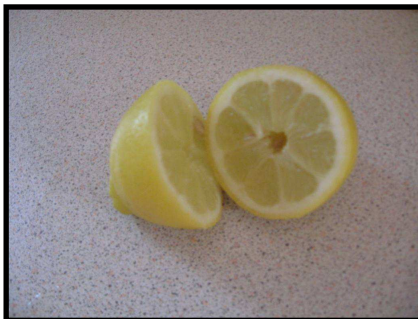


Cling film

Ingredients



2 teaspoons oil



1 teaspoon lemon juice



2 tablespoons honey



450g Salmon



4 Tablespoons soy sauce

Method.



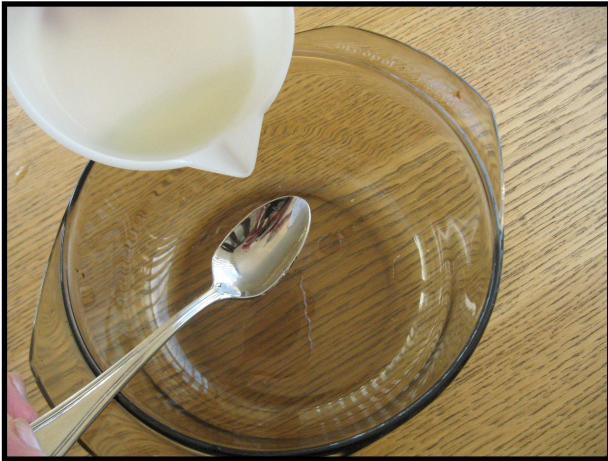
Squeeze lemon on juicer.



Get bowl.



Add 2 tablespoons honey.



1 teaspoon lemon juice.



2 teaspoons oil.



4 tablespoons soy sauce.



Cut salmon.



Add salmon to bowl.



Mix.



Cover with cling film.



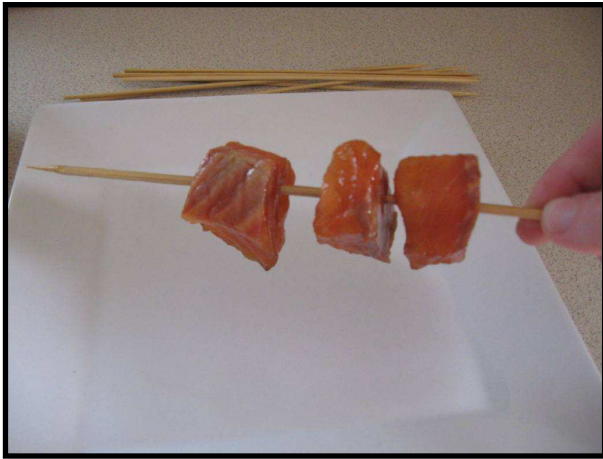
Put bowl in fridge for 20 minutes.



Soak skewers in water for 10 minutes.



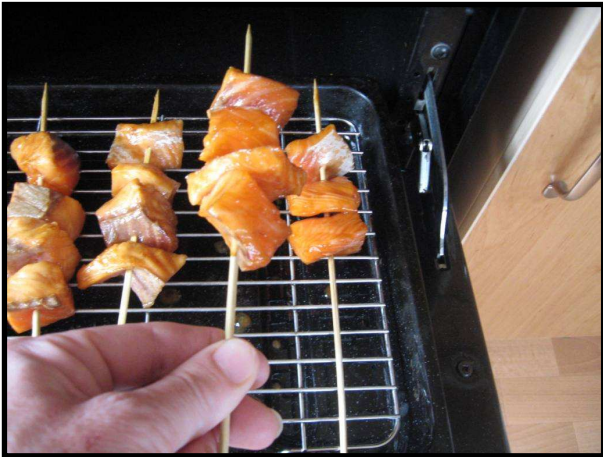
Get bowl from fridge.



Put salmon chunks on to the skewers.



Put on to the grill pan, cook for 8 minutes.



While cooking, turn kebabs over.



And brush with mixture from bowl.



Serve with salad and pitta bread.

Produced by Donna Dawson, Accessible Information Officer,
Equally well Team, NHS Grampian.
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[confidence to cook](#)

