

Orange-Chili Sauce Salmon With Baby Bok Choy

By Stephanie Witt Sedgwick

 Servings: 4

 Total: 45 mins

For the salmon

- Finely grated zest and juice of 1 large orange (1 1/2 tablespoons zest, 1/3 to 1/2 cup juice)
- 1/4 teaspoon crushed red pepper flakes
- 1/8 teaspoon fine salt
- 2 teaspoons light brown sugar
- Four (4-ounce) salmon fillets
- Nonstick cooking spray
- 2 teaspoons olive oil
- 1 tablespoon sweet chili sauce (see Notes)

For the bok choy

- 1 pound baby bok choy, well rinsed and still damp, cut into 1-inch pieces
- 1/2 cup no-salt-added or homemade chicken broth
- Juice of 1 large orange (1/3 to 1/2 cup)
- 2 teaspoons cornstarch
- 1 tablespoon sweet chili sauce, plus more to taste

Step 1

Make the salmon: Combine the orange zest and juice, crushed red pepper flakes, salt and sugar in a shallow dish just large enough to hold the fillets, stirring until the salt and sugar have dissolved. Add the salmon fillets, turning them to coat all over. Let sit at room temperature for 25 minutes, turning the fillets 2 or 3 times.

Step 2

While the fish is marinating, position a rack in the middle of the oven and preheat to 325 degrees. Line a small sheet pan or shallow oven-safe dish with foil, then grease with nonstick cooking spray.

Step 3

Discard the marinade, and lightly pat the salmon fillets dry.

Step 4

In a medium (9-inch) or large (12-inch) nonstick skillet over medium-high heat, heat the oil until shimmering. Add the fillets (skin or skinned side up) and cook until the salmon is lightly browned, about 2 minutes. Carefully turn the fillets over and cook for 1 minute. Transfer to the prepared sheet pan, and brush with the sweet chili sauce. Bake for 5 to 8 minutes, or until the fish is just cooked through (the time will vary depending on the thickness of the fillets and your preferred degree of doneness).

Step 5

Make the bok choy: While the fish is in the oven, heat a large skillet or saute pan over medium heat. Add the damp bok choy and broth, cover and cook, turning the bok choy a few times, until it wilts and starts to become tender, 4 to 5 minutes.

Step 6

In a small bowl, whisk together the orange juice and cornstarch until well combined. Add to the skillet, and stir until the liquid thickens to form a sauce. Add the chili sauce, and stir to incorporate. Taste, and add more chili sauce, if needed.

Step 7

Divide the bok choy among individual plates. Top each portion with the salmon, and serve immediately.

Substitutions

Salmon >> chicken, extra-firm tofu slabs, medallions of pork tenderloin or trout.
Light brown sugar >> dark brown sugar, maple syrup, coconut sugar or date sugar.
Baby bok choy >> thinly sliced mature bok choy, shredded cabbage or thinly sliced kale (thick ribs removed).
Chicken broth >> shrimp or vegetable broth.

Notes

The exact amount of the sweet chili sauce you'll need will vary based on the flavor of the brand you choose.

