

Salmon with Peppers and Soy and Lemon Dipping Sauce

Preparation time: 2 minutes

Cooking time: 4 minutes

Serves 2

- Ingredients:
 - 2 x 6oz Salmon steaks boned, skinned and cut into bite size pieces
 - 1/2 small red pepper - chopped and de-seeded
 - ½ small yellow pepper – chipped and de-seeded
 - 1tbsps. Olive oil
 - 1/2 tsp. red wine vinegar
 - ½ tsp. dried oregano (or a few sprigs of fresh oregano)
 - ½ tsp. of garlic powder
 - Salt and pepper to taste
- Soy and Lemon Dipping Sauce
 - 2 tbsps. Soy sauce
 - 2 tbsps. Lemon juice
 - 1 tsp. sugar or honey
- Directions
 - Combine all main ingredients in a medium Steamfast Bag and seal the bag
 - Shake gently to distribute ingredients and place bag in microwave
 - Cook on HIGH for 4 minutes (If needed, add more time in 30 sec increments)
 - Allow bag to stand 1 minute before handling
 - Carefully open bag and pour out content
 - Serve with the dipping sauce and Enjoy!