

# Seafood Charlie Recipe

## Japanese Roasted Salmon

A Seafood Charlie Recipe

Prep Time: 5 min.

Cook Time: 15 min.

Serves: 4

### Ingredients

1 lb salmon fillet

2 tsp Knorr® Taste of Japan Meat & Vegetable Seasoning

### Directions

1. Preheat oven to 400°. Rub Knorr® Taste of Japan Meat & Vegetable Seasoning on salmon. For best results, season with salt. Place on rimmed baking sheet.
2. Roast 15 minutes or until salmon flakes with a fork.

### Nutritional Information

Calories 170, Total Fat 7g, Saturated Fat 1g, Cholesterol 60mg, Sodium 50mg, Carbohydrate 1g, Protein 23g