pan fried salmon

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 pcs of salmon fillet - salt & pepper to taste - mixed herbs - 1 no. of orange - 1 teaspoon fine sugar - 1 spoon of teriyaki sauce

Instructions

- seasoning the salmon fillet with salt & pepper - heat up oil on pan, pan fried the salmon fillet, set aside - heat up the pan with bit oil, add on orange juice and sugar. Then add on teriyaki sauce - pour the sauce over the fish, dash some mixed herbs