



## **Sticky Salmon with Chinese Greens**

A quick way to liven up salmon fillets, with stir-fried veg and the classic trio of garlic, chilli and ginger  
Easy - serves 4 with only 5 minutes prep time and 15 minutes cooking time

### **Ingredients:**

4 skinless salmon fillets, 150g/4oz each  
3 tbsp oyster sauce  
2 tbsp teriyaki sauce  
1 tbsp honey  
1 tbsp oil (a mix of vegetable and sesame)  
1 tbsp finely grated fresh root ginger  
1 garlic clove, finely sliced  
1 red chilli , deseeded amd finely sliced  
500g mixed green vegetables - you could use bok choi, sugar snaps and broccoli

### **Method:**

Heat oven to 200C/fan 180C/gas 6. Place the salmon on a baking tray. Mix together the oyster sauce, teriyaki and honey, then brush a little over the fish. Roast for 8-10 mins until glazed and just cooked through. Set aside.

Heat the oil in a wok, then fry the ginger, garlic and chilli for 1 min. Stir-fry the broccoli or any larger, harder veg for 3 mins, then add the leafy veg and cook for 1-2 mins more. Stir in the rest of the sticky sauce, heat through and serve with the fish.

### **Try it with beef**

Sticky beef & noodle stir-fry

Stir-fry 400g beef strips in the oil for 2 mins, then tip onto a plate. Continue cooking the ginger, garlic, chilli and veg, as above, then stir in the oyster sauce, teriyaki and honey with 300g straight-to-wok egg noodles. Bubble for a min, stir in the beef and serve.