



Recipe from BigFish Brand™ Sweet Chilli Salmon stir-fry

This is a fast way to create a healthy, tasty stir fry dish with salmon as the main ingredient. If you have time, you can prepare a combination of fresh vegetables of your own choice (eg. red pepper, courgette, bean sprouts, onion, mangetout, sweetcorn) instead of the ready-made stir fry mix – just make sure they are all chopped into fairly small, even pieces to cook quickly.

Ingredients

2 BigFish Brand Sweet Chilli Salmon fillets
2 packets of fresh vegetable stir fry mix
1 tbsp sweet chilli sauce
1 tsp soy sauce
Juice of 1/2 lime
1 packet egg noodles
1 tbsp olive oil
1 fresh red chilli, sliced
1 bunch fresh coriander, roughly chopped.

Serves 2

Method

Firstly, microwave the salmon fillets. Remove the outer packaging, pierce a hole in each inner bag and place on a microwaveable plate. Cook on full power for 4-5 minutes from frozen.

Leave aside to cool and then flake the salmon into chunks.

To make the sauce, put the soy sauce, sweet chilli sauce and lime juice in a glass jar and shake to combine.

Cook the noodles as instructed and dress with the sweet chilli sauce.

Add the olive oil to a wok or large frying pan and stir fry the vegetables on a medium to high heat for 3-4 minutes until tender but still with some bite.

Add the flaked salmon and noodles and cook for a further minute on a low - medium heat, combining together. Serve with fine slices of fresh chilli and top with coriander.

