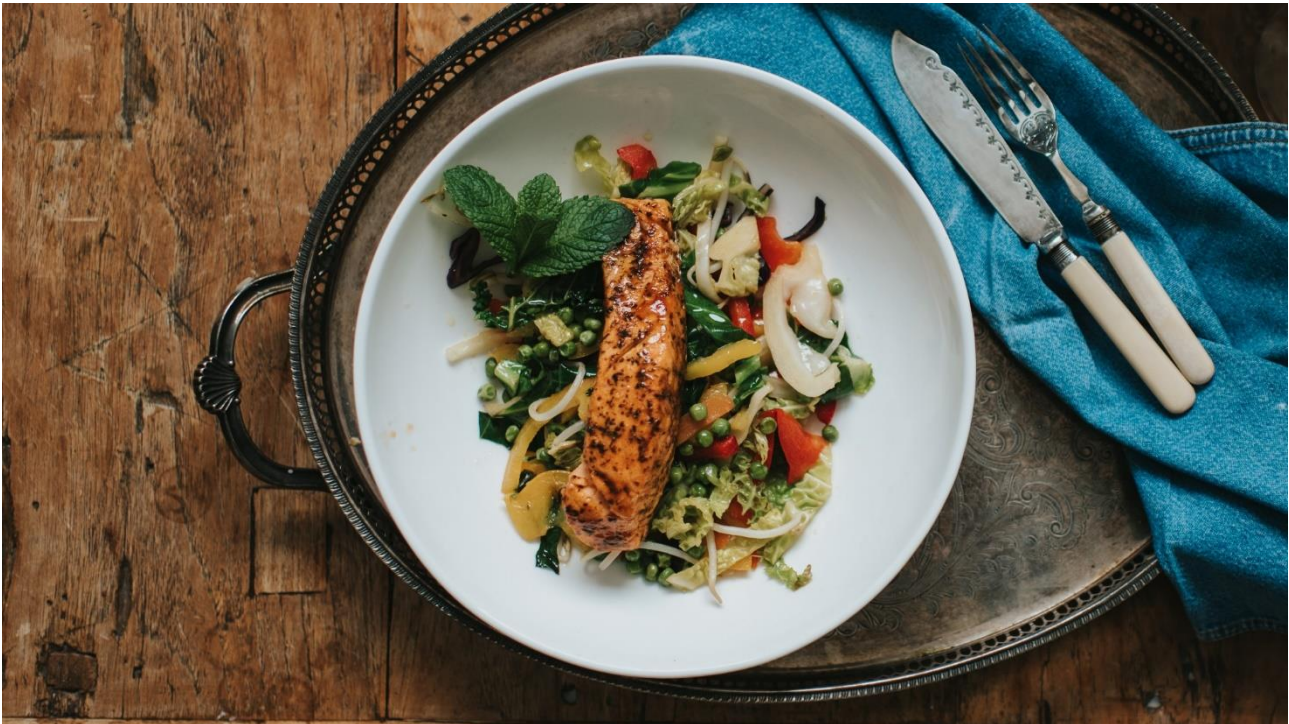




BigFish Recipe™ Speedy Garden Mint Stir Fry

A healthy meal in moments with our award-winning Garden Mint flavour salmon fillets. An unbelievably easy way to produce a top-quality balanced meal in just six minutes.



Preparation time:	6 minutes
Cooking time:	4 minutes
Serves:	2

Ingredients

1x pack of Bigfish Garden Mint Salmon Fillets
1x 300g pack of fresh Stir Fry Mix
1 tbsp vegetable oil
Omega3 oil for drizzling

1. Cook the BigFish salmon fillets in the microwave according to the pack instructions (four minutes).
2. Meanwhile, heat the oil in a frying pan or wok and stir fry the vegetables for 3 or 4 minutes on a high heat, stirring continuously. Make sure they're piping hot before serving.
3. Divide the veg between two warmed plates or dishes, pop a cooked salmon fillet on top of each and add a drizzle of Omega3 oil. Eh voila! A super-healthy meal in six minutes!