

## Ginger Salmon Stir Fry

450g / 1 lb skinless Tartan Quality Mark salmon fillets, cut into strips  
1 tsp cornflour  
1 tbsp ginger wine  
1 tbsp rice wine vinegar  
1 tbsp dark soy sauce  
2 tbsp sunflower oil  
1 bunch spring onions, sliced diagonally  
2.5cm/1 inch pieces stem ginger, peeled and coarsely grated  
200g / 7oz carrots, cut into strips  
1 yellow pepper, sliced

### Serves 4

Preparation Time: 5 minutes

Cooking Time: 10 minutes



### NUTRITIONAL INFORMATION

308 kilocalories

Carbohydrates : 6 g

Fat : 21g

Omega 3: 8g

Whilst every effort is made to provide accurate information, nutritional values are supplied for general information only.

Mix together the cornflour, ginger wine, vinegar and soy sauce, with 3 tablespoons cold water.

Heat the oil in a wok or large frying pan until hot, add the spring onions and ginger and cook for 30 seconds. Add the carrots and pepper and stir fry for 3 - 4 minutes. Add the salmon, cook for 3 to 4 minutes.

Add the sauce, stir and cook until the sauce thickens and starts to bubble, the vegetables take on a shine and the salmon is cooked.

Serve with sesame oil-tossed noodles