

## Salmon Stir fry

### Serves 4

450g (1lb) Skinless Scottish salmon fillet, cut into strips

15ml (1tblsp) Olive Oil | Red pepper\*

1 Yellow pepper\*

1 Green pepper\*

4 Spring onions

1 Crushed clove garlic or teaspoon of garlic puree

2.5cm (1") of root ginger, chopped finely

15ml (1tblsp) Soy sauce

5mls (1tsp) Cornflour

Ground black pepper

100mls (approx. 1 cup) chicken stock

\*alternatively use carrots, mangetout, baby sweetcorn.

Slice vegetables into same size slivers.

Heat oil in a wok/frying pan.

Stir-fry peppers, garlic & ginger for 2-3 minutes.

Add spring onions and Scottish salmon & stir-fry at a medium high heat for 2-3 minutes more, adding soy sauce & black pepper.

Add stock, blended with cornflour, stir into wok and simmer until the liquid turns clear.

Serve stir-fry on a bed of noodles on heated plates.

