



STIR FRIED SALMON WITH BROCCOLI

INGREDIENTS

- 140 grams of salmon
- 1 clove of garlic
- 1 cm of fresh ginger
- ½ red chili
- 2 tablespoons of neutral oil
- 300 grams of broccoli florets
- 3 spring onions
- 50 grams of peanuts

For the marinade

- 2 cloves of garlic
- 1 teaspoon of five spice powder
- 1 cm of fresh ginger
- 2 tablespoons of sunflower oil
- 2 tablespoons of honey

MAIN DISH

2 PERSONS

TIME: 30 MINUTES

DIRECTIONS

Squeeze the cloves of garlic.

Peel and grate the ginger.

Mix the garlic and the ginger with the five spice powder, the sunflower oil and the honey in a bowl.

Marinate the salmon with the marinade.

Boil the broccoli florets al dente in a pan with large boiling water.

Drain in a sieve and rinse the florets with cold running water. Drain it well.

Slice the salmon in slices.

Heat a wok at high heat till glowing hot. Serve the salmon mixture in the pan and fry the slices brown at high heat all stirring.

Serve the broccoli florets and spring onions through it and stir-fry for another 2 minutes.

Serve the rice, salmon and broccoli florets in a bowl and sprinkle with the peanuts.

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