



Recipe
suggestions

Salmon with spring onion sauce (serves 2)

Ingredients

- > 250g salmon fillets
- > 2 tsp salt
- > ½ tsp freshly ground white or black pepper
- > 1 pint water
- > 6 tsp coarsely chopped spring onions
- > 1 tsp finely chopped fresh root ginger
- > 1½ tsp oil
- > 2 tsp sesame oil

Method

- > Rub the salmon fillets with 1 tsp of the salt and pepper.
- > Bring the water to a simmer in the wok. Add the salmon, and simmer for 2-3 minutes. Cover tightly and turn off the heat. Allow to stand for 4 minutes.
- > Combine the spring onions, ginger and the remaining 1 tsp of salt together in a small bowl. In a small pan, combine the oil and sesame oil and bring it to smoking point.
- > Remove the salmon from the water and arrange on a platter. Scatter the spring onion mixture on top and pour hot oil over it. Serve immediately.

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