

Japanese Stir fried Vegetables with Salmon

Recipe by Chef Dale Sniffen

Ingredients

4 / 180gm Salmon Steaks, pat dry seasoned with salt & pepper
4 tbsp Olive oil
500gm ROYAL BLUE POTATO CUBED
3 tbsp Dark soy sauce
3 tbsp Vegetable oil + 2 tbsp extra
1 Red capsicum, strips
1 Yellow capsicum, strips
2 Red onions chopped
200gm Swiss brown mushrooms sliced
1/2 Chinese cabbage, shredded
250gm Stringless beans, chopped
1 teaspoon toasted sesame seed oil

Method

- Slowly cook salmon steak on a medium heat for 10 minutes, allow to rest.
- Preheat oven to 200c.
- Toss potatoes in extra oil and soy sauce.
- Evenly scatter potato on a roasting tray and bake for 20 minutes.
- Preheat a large wok to high heat, add oil all capsicum and onions, stir fry for 3 minutes,
- Add the rest of the vegetables, stir fry for 3 more minutes.
- Season with toasted sesame oil,

- Serve on roasted royal blue potatoes with grilled salmon