



SERVES: 4

SPAR 

BETTER CHOICES

Eat well, Live better

PREPARATION TIME: 10 minutes

COOKING TIME: 15 - 20 minutes

INGREDIENTS:

4 x fillets of fresh salmon or cod
1 teaspoon olive oil
Chopped dill

STIR-FRY:

1 teaspoon olive oil
250g pak choi, leaves separated
100g bean sprouts
125g chestnut/portobello mushrooms, diced
80g mangetout
80g baby corn, sliced in half
2 Tablespoons low salt soy sauce
1 Tablespoon sesame seeds
Lemon wedges

METHOD:

1. Heat oven to 200C/180C fan oven/gas mark 6.
2. Brush a baking tray and each fish portion with olive oil and sprinkle chopped dill on each fillet. Bake salmon for 6 - 8 minutes, and if using cod bake for 10-12 minutes depending on the thickness of fillets. Test one piece to see if it flakes before removing from the oven.
3. While the fish bakes, heat a large pan or wok with a teaspoon of olive oil.
4. Stir-fry the mushrooms until soft and then add the bean sprouts, pak choi and baby corn. Add soy sauce and sesame seeds. Cook for a minute and then add the mangetout and cook for a further minute. All veg should be heated through but still fairly crisp.
5. Serve fish with a lemon wedge and stir-fried vegetables.

ENJOY!

TIP!

If pak choi is not available,
use baby spinach leaves