

# Bok choy & shiitake mushrooms with salmon



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Serves: 4

Preparation: 15 minutes

Cooking: 8 minutes

4 x 150g Atlantic salmon fillets, skin on

sea salt

1/3 cup vegetable oil

2 garlic cloves, crushed

1 tbs light soy sauce

2 tbs oyster sauce



1/3 cup fish or chicken stock

4 green onions, trimmed and diagonally sliced

2 bunches baby bok choy, washed, dried, trimmed and leaves separated

100g shiitake mushrooms, sliced

1. Sprinkle salmon skin with sea salt and rub well. Combine soy sauce, oyster sauce and stock in a small jug.
2. Heat 2 tbs oil in a medium frying pan over medium-high heat until hot. Add salmon, flesh-side down, and cook for 2 minutes. Turn and cook for a further 3–4 minutes or until almost cooked through.
3. Meanwhile, heat a wok over high heat until very hot. Add remaining oil and heat until hot. Add garlic and green onions and stir-fry for 30 seconds.
4. Add shiitake mushrooms to wok and stir-fry for 2 minutes. Add bok choy and soy mixture and stir-fry for 1 minute or until leaves wilt. Place salmon and vegetables onto serving plates, drizzle with wok juices and serve.

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*Supplying quality fresh fruit & vegetables*

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