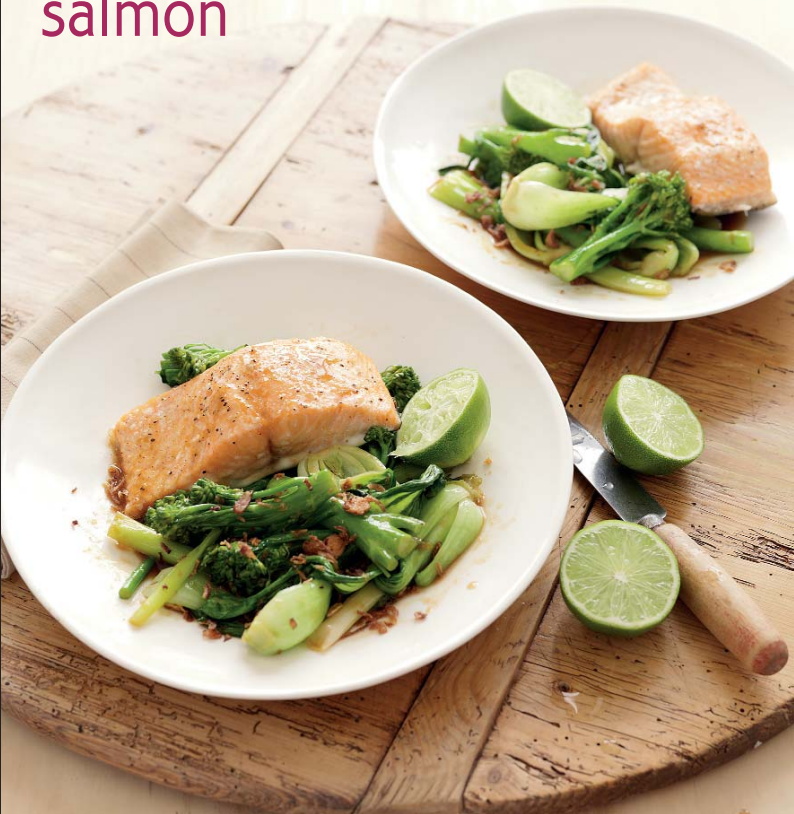


# Soy & ginger wok-fried greens with roasted salmon



## Soy & ginger wok-fried greens with roasted salmon

**Preparation:** about 15 minutes

**Cooking:** about 20 minutes

**Serves:** 4

4 x 200g salmon fillets (skin on)

Olive oil cooking spray

Salt and ground black pepper

Lime wedges, to serve

### Soy & ginger wok-fried greens

2 tbs soy sauce

2 tbs oyster sauce

1 tbs sugar

1 tbs water

1 tbs peanut oil

1 tsp sesame oil

1 tbs finely chopped ginger (about 3cm piece)

3 green onions (shallots), cut into 5cm pieces

1 bunch broccolini, trimmed and stems halved

400g Shanghai bok choy (or use 2 bunches baby bok choy)

1. Preheat oven to 200°C. Spray salmon with oil and season with salt and pepper. Place on a baking tray lined with baking paper. Roast for 12–15 minutes until just cooked through.
2. Meanwhile combine soy sauce, oyster sauce, sugar and water in a jug. Set aside. When the fish has cooked for 10 minutes, cook the wok-fried greens; preheat a wok over high heat. Add peanut oil, sesame oil, ginger and green onions. Stir-fry for 2 minutes. Add broccolini and bok choy. Stir-fry for 1 minute. Add soy sauce mixture and stir-fry for 2 minutes.
3. Arrange wok-fried greens and salmon on serving plates, drizzle with wok juices and serve with lime wedges.



### Bok choy

- Like many Asian greens, bok choy is an excellent source of vitamin C, one of the vitamins that helps keep blood vessels healthy.
- A source of iron. Iron is needed for making red blood cells which then carry oxygen to all body tissues.
- The darker leaves of bok choy provide beta carotene, which the body converts to vitamin A. This vitamin helps the body defend itself against infection and is also important for vision in dim light.