

Salmon Kebabs with Noodles and Bok Choy

2 AKAROA salmon fillets
seasonings to taste
1 Tbsp soya sauce
2 Tbsp oyster sauce
1/3 cup chicken stock
2 tspn canola oil (or 1 tspn canola oil with 1 tspn sesame oil)
1 tspn grated root ginger
2 spring onions, sliced on the diagonal
small bunch bok choy, washed, dried, trimmed and leaves separated
100g fine egg noodles, prepared according to instructions
1 Tbsp sesame seeds lightly toasted

Cut salmon fillets into cubes – thread onto 8 skewers; season with salt and pepper to taste. Cook in a non-stick pan for 1 –2 minutes each side or until cooked. Combine soya sauce, oyster sauce, chicken stock together in a small jug; set aside. Heat up a wok, add oil then ginger and spring onions, sauté for 1 minute. Add bok choy and soya sauce mixture. Stir fry for a couple of minutes until the leaves are wilted. Divide prepared noodles between 4 plates, top with 2 kebabs each plate and serve with wilted greens. Drizzle with wok juices and sprinkle with toasted sesame seeds. Serves 2

Health Benefits of Salmon:

- A rich source of Omega 3 fatty acids (currently deficient in NZ diet).
- An excellent source of high quality protein
- Rich in fat soluble vitamins A & D
- A good source of vitamin B12
- Protective against heart disease
- A source of iron and calcium

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