

CALORIE CONTROL RECIPES

MAINS

Asian Style Stir Fried Salmon with Mixed Greens – serves 4

1 tsp sesame oil
1 tbsp olive oil
2 cloves garlic, crushed
2 tbsp fresh ginger, finely chopped
500 g fresh salmon fillets, cut into cubes
200 g snow peas
1 packet Salad mix

Heat sesame oil and olive oil in a wok or pan. Add garlic and finely chopped ginger, cook until browned. Add 500 g fresh salmon fillets, cut into large cubes, snowpeas and cook until salmon is medium rare, or to your liking. Add to a bed of mixed salad greens and serve immediately.