Asian Salmon Stir-Fry

Ingredients:

- 1 salmon darn
- 1 tbsp honey
- Juice of ½ lime
- Thumb sized piece of ginger
- 2 cloves of garlic
- 1 red pepper
- 1 onion
- 6 mushrooms
- ½ pack of sugar snap peas
- 1 nest of noodles (per person)
- 1 tbsp soy sauce
- Chilli flakes
- Salt and pepper
- 1 tbsp oil
- 1 tbsp sweet chilli sauce

Equipment:

- 3 plates
- Chopping board
- Sharp knife
- Wok
- Wooden spoon
- Saucepan
- Colander
- Oven gloves
- Cloth
- 2 tea towels

Method:

1. Preheat oven to 190°C.
2. Dives 1 clove of garlic and squeeze ½ a lime.
3. Add honey, lime juice, diced garlic, soy sauce and sweet chilli into two foil dishes to make a marinade.
4. Place the salmon flesh side down into the foil dishes, cover and leave to marinade in the fridge.
5. Dice the ginger, garlic, pepper, onion and slice the mushrooms.
6. Place the salmon in the oven for 12 mins.
7. Add oil to a wok and allow to heat.
8. Add the ginger and garlic and sauté for 1 min.
9. Add onion and peppers, followed by mushrooms. Sauté until cooked (approx. 4-5 mins)
10. Boil noodles and sugar snap peas until al dente.