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## ASIAN SALMON STEAKS WITH STIR-FRIED VEGETABLES

A great-tasting way to enjoy a regular portion of oily fish.

Serves 2

Per serving: 414 calories, 4.8% fat

Prep time: 15 mins

Cook time: 15 mins

## INGREDIENTS

2 salmon steaks  
2 tsp finely grated lemon zest  
2 tsp garlic sauce  
1 tbsp sweet chilli sauce  
310g pack beansprouts  
100g watercress  
150ml pineapple juice  
Freshly ground black pepper, to taste

## METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Place the fish on a non-stick baking tray and season on both sides with black pepper.
3. In a small bowl, mix together the lemon zest, garlic sauce and chilli sauce and then drizzle it over the steaks.
4. Bake the steaks in the oven for 8 - 10 minutes until just cooked.
5. Meanwhile, heat a non-stick wok or frying pan and, just before the salmon is cooked, stir-fry the beansprouts and watercress until just wilted, adding the pineapple juice.
6. Transfer the wilted vegetables to serving plates and top with the salmon . Serve hot or cold with a green salad.



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