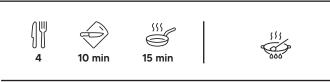
CHINESE FIVE SPICE SALMON

NORTH ASIA / CHINA

ORIGINS

The traditional dish was created during the Three Kingdoms Period from 200-280 AD as a warming meal cooked in a spiced stock over hot coals for the cold winter months. Loved for many generations to follow, including the Emperors of the Qing Dynasty, this special Chinese dish is still a staple worldwide today.



WHAT YOU NEED

• 1/2 pkt (11 g) Chinese spice

• 500g (4) Salmon fillets

• 100g green beans

• 200 g potato, cubed

• 100 g pumpkin peeled and

- chopped
- 2 tbsp soy sauce
- 2 tsp miso paste*
 - 1 tbsp rice wine vinegar
- HOW TO MAKE

(1)

Marinate salmon with spice, soy, miso, vinegar and 1 tbsp olive oil. Rest 10 min.

(2)

Peel and chop pumpkin and potato, steam 15 min. Mash with butter and a dash of salt & pepper.

3

Saute fennel 5 min, add salmon saute 3 min on each side.

HOW TO SERVE

serve with mashed potato and pumpkin, beans & garnish with fresh parsley.

HINTS & TIPS

SIDES & CONDIMENTS

Asian stir fry greens*: 100 g broccolini, 2 bok choy, 1 fresh chilli, 1 tbsp sesame seeds, 1 tbsp sesame oil, 2 tbsp soy sauce, 2 tbsp maple syrup. Saute greens with chilli, sesame oil, soy sauce and maple syrup and sprinkle with sesame seeds.

SWAPS & ALTERNATIVES

veggie combos: swap beans for fresh fennel. reduced meat: 2 filets + 250g eggplant slices or cauliflower steaks. alternative: miso paste* can be left out if not available.



