

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.



4



10 min



15 min



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.

FLAVOURS OF THE WORLD



FOTW.COM.AU