
Minted Salmon & Asparagus Stir-Fry

2 Tbsp	Asian fish sauce	30 mL
2 Tbsp	oyster sauce	30 mL
2 Tbsp	water	30 mL
2 tsp	brown sugar	10 mL
1	fresh red chili, seeded and minced	1
2 Tbsp	olive oil	30 mL
1½ lbs	salmon filets, skin on, cut into 4 pieces	750 g
2	garlic cloves, minced	2
1 bunch	thin asparagus, cut into 1" (2.5 cm) pieces	1 bunch
½ cup	chopped fresh mint	125 mL

- 1 In a small bowl whisk together the fish sauce, oyster sauce, water, sugar, and chili, set aside.
- 2 Heat the oil over medium-high in a wok or large skillet. Place salmon in hot oil and sprinkle with garlic, cook 1 minute, turn and cook 2 more minutes.
- 3 Add the cut asparagus and reserved sauce mixture, bring to a boil, cover, reduce heat to medium and simmer for 3-5 minutes until salmon just flakes and asparagus is crisp-tender.
- 4 Stir in mint and serve.

Preparation time: 15 minutes

Cooking time: 10 minutes

Serves: 4