

Stir-Fried Salmon with Asparagus and Black Beans

Ingredients

1 1/2 lbs asparagus (not too thin)	1—1 1/2 lbs Salmon fillet, cut into 1 inch pieces
1 tbsp fermented black beans	
2 tbsp dry sherry	1/3 cup scallions, both green & white parts, cut into 2 inch lengths
2 tbsp peanut oil	
1 tbsp peeled & minced fresh ginger	1 tbsp soy sauce
2 cloves garlic, peeled & crushed	Salt to taste
1/4 cup minced scallions, both green & white parts	

Directions

Parboil asparagus about 3 minutes, until no longer crisp. Cut off the tips and cut the stems into 1 inch lengths. Soak the black beans in the sherry.

Heat 1 tbsp oil over high heat in nonstick pan or wok. Brown the asparagus stems, stirring frequently. Remove with slotted spoon.

Add the remaining oil, then the ginger, garlic and minced scallions. Cook 1 minute, stirring. Add the salmon and cook, turning and shaking pan until the salmon browns a bit, about 5 minutes. Add the black beans and sherry, the cut up scallions, soy sauce and asparagus tips. Cook to blend flavors; taste for seasoning and add salt if necessary. Serve immediately over rice.

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