



SOY FRIED SALMON WITH BROCCOLI AND SWISS CHARD

RECIPE FOR 4 PERS.

SOY FRIED SALMON

- 600 g raw salmon (no skin & bones • 1 spoonful of butter
- 3-4 spoons of soy sauce • Black pepper • 1 broccoli
- Some frying oil • 2 cloves of garlic • Baby Red Swiss Chard
- Salt & pepper



Slice the salmon into smaller pieces (about 40 g). Put butter in a frying pan and heat until it becomes golden and bubbly before adding the salmon. Sear the fish on both sides and pour soy sauce in. Let the salmon get a nice glaze from the reducing butter and soy and season with black pepper.

Broccoli:
Rinse the broccoli and slice it into good sized bouquets. Fry them in oil in a separate pan. Add crushed garlic and stir it round with the broccoli. Season with salt and pepper and serve the fish on top of the broccoli and sprinkle with finely chopped wood baby red swiss chard.