

Spicy harissa salmon & veg stir-fry

Total time **60 mins** 15 mins preparation time 15 mins cooking time 30 mins marinating time

Nutritional facts (per portion):
2,600 kJ / 621 kcal

Fat: **41 g** Protein: **44 g**
Carbohydrates: **21 g**

INGREDIENTS

2 portion(s)

300 g skinless and boneless salmon fillet
200 g green asparagus
150 g broccoli florets
200 g courgette
1 bunch of spring onions
Oil for cooking (e.g. rapeseed)
100 ml coconut milk or coconut cream
1 handful of Thai basil (optional)
Sauce:
3 cm fresh ginger
120 ml [Kikkoman Naturally Brewed Soy Sauce](#)
1 tsp Massaman curry paste (or red Thai curry paste)
1 tbsp fish sauce
1 tbsp chopped lemongrass
1 tbsp harissa
Garnish:
0.5 lime
Sugar to taste

PREPARATION

Step 1

Cut the salmon into cubes.

Step 2

Grate the ginger and add the Kikkoman Soy Sauce, curry paste, fish sauce, lemongrass and harissa. Mix well, then marinate the salmon in the resulting paste for about 30 min. Keep the remaining marinade.

Step 3

Cut the green asparagus and broccoli into small pieces. Slice the courgette into half-moons. Chop the spring onions. Chop the Thai basil and set aside.

Step 4

Heat a little cooking oil in the pan. Add the salmon and fry over a high heat until it browns on each side. Remove from the pan.

Step 5

In the same pan, add the chopped vegetables (except the spring onions) and fry for about 2 minutes. Add the remaining salmon marinade and spring onions and fry for about 1 minute. Finally, add the coconut milk, fried salmon and chopped Thai basil and fry briefly.

Step 6

Serve with the half lime and sugar to taste.