

Stir Fried Salmon with Lemon by Ken Hom

Serves 2

I saw Ken Hom make this on Saturday morning kitchen one day and was so glad I decided to try it.

Ingredients

450g fresh boneless salmon
2 tsp salt
4 tbsp groundnut oil
1 tbsp finely chopped fresh ginger
1 tsp sugar
1 tbsp lemon zest
1 whole lemon, peeled and segmented
2 tsp sesame oil
Salt and freshly ground black pepper
Basmati rice, cooked according to packet instructions

Method

1. Cut the salmon into 2.5cm wide strips. Sprinkle the salt evenly over the salmon strips and set aside for 20 minutes.
2. Heat a wok or large frying pan over a high heat until it's hot. Add 3 tablespoons of the oil. When very hot and slightly smoking, turn the heat down to medium and add the salmon strips.
3. Fry the salmon without stirring for about 2 minutes, then gently turn over and fry until the salmon strips are golden-brown on both sides. Take care not to break them up.
4. Carefully remove the cooked salmon strips with a slotted spoon and drain on kitchen paper.
5. Wipe the wok clean with the kitchen paper, being careful not to burn yourself.
6. Reheat the wok and add the remaining oil. Add the ginger and stir-fry for 20 seconds, then add the sugar, lemon zest, lemon segments, salt and freshly ground black pepper and stir-fry gently for 1-2 minutes.
7. Return the salmon to the wok and gently mix with the lemon mixture for one minute.
8. Add the sesame oil and give the mixture a gently stir.
9. To serve, remove the salmon and lemon slices from the wok and place onto a warm serving plate with a spoonful of cooked rice alongside.