



SEAFOOD

# BBQ SALMON SANG CHOW BOW

## INGREDIENTS

6 Salmon Fillet  
30ml Soy Sauce  
30ml Oyster sauce  
1 lime (zest & juice)  
2 sprigs coriander  
50 ml good olive oil  
2 cloves Garlic  
1 tbsp Ginger  
1 tbsp Sesame Seed Oil  
Salt

### Salad Suggestion

1 Bunch Endive or Baby Cos  
1 pack Bean Sprouts  
1 pack Snow pea Shoots  
1 Red Capsicum strips  
50gm Water Chestnuts diced  
1 Red Onion slices  
2 Long Red Chillis

### Equipment:

Hooded BBQ  
Mortar and Pestle or blender  
Mixing bowl  
Spoon  
Fish lifter  
Basting Brush  
Chopping Board  
Chefs Knife  
Whisk

## METHOD

1. Heat BBQ to hot and then close vents or wind down tray with the hood down.
2. For dressing/marinade place Soy, Oyster sauce, Chilli, Ginger, Garlic, chopped coriander, salt, lime zest and juice in a pestle and mortar
3. Crush into a rough pulp, add olive oil and Sesame seed Oil.
4. Mix a bit of dressing with the Salad suggestion
5. Cut Salmon into Finger size pieces.
6. Brush Salmon with marinade and grill lightly on both sides till golden.
7. Grab a leaf of Endive/baby cos. Place a small quantity of the Salad on top.
8. Place the cooked Salmon on the Salad with a little extra Dressing.
9. Garnish with crunchy Snowpea shoots or strips of capsicum



Preparation time: 15 minutes

Cooking time: 4 minutes

Serves: 2

## CHEFS TIP

It is always better to slightly undercook Salmon, as it will keep cooking. Otherwise it will be very dry. By undercooking the Salmon it will keep it moist.

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