

Alaska Salmon Fried Rice



Preparation Time: 15 minutes

Cook Time: 30 minutes

Servings: 4

Ingredients:

1-1/2 cups uncooked Jasmine rice (or 4 cups cooked)

Salmon:

12 oz. Alaska Salmon fillets

Half a lime, juiced

1 Tablespoon soy sauce

2 teaspoons sesame oil

1 Tablespoon vegetable oil

Eggs:

2 eggs, beaten

2 teaspoons vegetable oil

Vegetables:

2 Tablespoons vegetable oil

1 teaspoon sesame oil

2 garlic cloves, minced (or 2 teaspoons minced)

2 green onions, sliced on the bias

1 cup frozen petite peas

1/4 cup carrot shreds OR red bell pepper matchstix

1 to 2 Tablespoons oyster sauce

White pepper, to taste

Additional fresh lime juice, if desired

Description:

Cook rice according to package directions; keep rice warm.

Salmon:

Blend lime juice, soy sauce and sesame oil. Brush onto Alaska Salmon. Heat vegetable oil in a large nonstick skillet over medium heat. Add salmon and cook just until fish is opaque throughout. Cool slightly; then break into chunks, discarding any skin.

Vegetables:

In a large wok or nonstick skillet, heat 2 tablespoons vegetable oil and 1 teaspoon sesame oil. Add garlic; stir-fry one minute. Stir in peas and carrots (or red bell peppers) and continue stir-frying one minute.

Push vegetables to one side of pan; add 2 teaspoons vegetable oil and eggs, then scramble until almost cooked. Stir in warm rice.

Cook one minute, or until slightly crispy. Add oyster sauce, then gently stir in salmon and green onion. Season with white pepper, to taste, and additional fresh lime juice, if desired.