



Meal:	Dinner
Category:	Easy & great presentation!
Time:	20-30 min

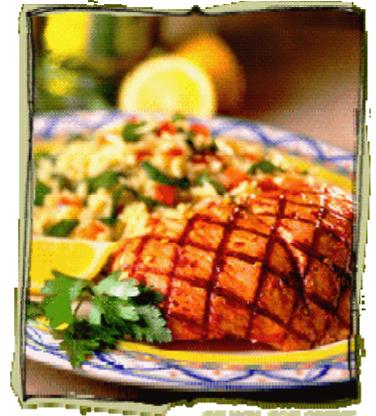
## Pasta, Grilled Salmon & Veggies

### Salmon

- 1 lb salmon, skin removed or 6 pieces
- 1 T honey
- 1 tsp sesame oil
- ½ tsp hot chili paste

### Stir Fry

- 1 T olive oil
- 3 cloves garlic
- 2 T finely chopped fresh ginger root
- ¼ tsp hot red pepper flakes
- 2 leeks or small onions – cut in 1" pieces
- 1 carrot – thinly sliced on diagonal
- 1 sweet red pepper, cut in 1" pieces
- 1 bunch bok choy, spinach or swiss chard, chopped
- ¼ rice vinegar
- 1 T sesame oil
- 1 T honey
- ½ honey
- ½ tsp pepper
- salt to taste



### Directions

Pat salmon dry. In small bowl, combine honey, sesame oil and chili paste. Rub in to salmon. For sauce, heat olive oil in large, deep non-stick skillet or wok. Add garlic, ginger and hot pepper flakes. Cook gently until fragrant, but do not brown. Add leeks and carrot. Cook, stirring constantly for 5 min. If mixture looks dry, add ¼ water. Add pepper and bok choy. Cook for 5 min., or until just wilted. Add vinegar, sesame oil, honey, pepper and salt. Cook for another 5 min.

Preheat broiler, barbecue or non-stick skillet. Cook salmon for 3-5 minutes per side, or until just cooked through. Meanwhile, bring large pot of water to boil. Add pasta and cook until tender but firm. Drain well. Add green onions to sauce and heat if necessary. Toss drained pasta with sauce. Add cilantro. Taste and adjust seasonings if necessary. Serve pasta and top each serving with salmon.

### Nutritional Information

1 serving

- Cal = 480
- Protein = 23 g
- Carbohydrates = 61.5 g
- Fibre = 4 g
- Cholesterol = 48 mg
- Saturday fat = 2.9 g; total fat = 16.4 g
- Sodium = 111 mg