

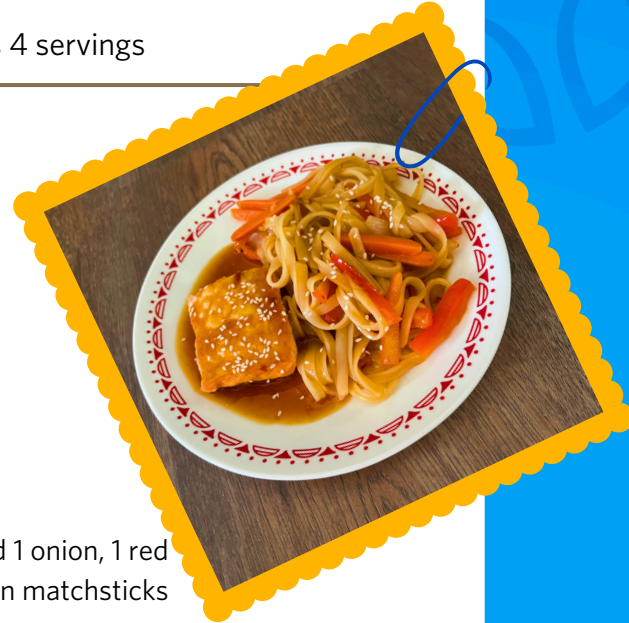
Orange Stir-Fry with a Side of Salmon

by Barb Szyszkiewicz

Makes 4 servings

Ingredients

Juice and zest of 1 large orange
½ cup low sodium soy sauce
½ cup chicken broth or stock
Ginger, pepper, and red pepper flakes to taste
1 TBL cornstarch
2 TBL water
4 5-oz. salmon fillets
½ lb. wide rice noodles (fettuccine size)
Cooking oil
About 2 lbs. of whatever fresh vegetables you like; I used 1 onion, 1 red bell pepper, and about half a pound of baby carrots, cut in matchsticks
2 cloves garlic, minced
Sesame seeds to garnish



Directions

- Preheat oven to 400°F. Prep all vegetables.
- In a saucepan, combine orange juice, orange zest, soy sauce, stock or broth, and ginger, pepper, and red pepper flakes. Bring to a boil. Combine cornstarch and water, then add to the sauce. Cook until thick, then simmer.
- Cover a baking pan with foil (for easy cleanup) and brush cooking oil on the foil, then place the salmon on top of the foil and brush a little more oil on the top. Bake about 15 minutes or until done.
- In a large wok or skillet, heat 1-2 tbs. cooking oil, then add the vegetables. Stir-fry until they begin to brown, about 10 minutes. Add garlic and stir-fry two minutes more.
- Meanwhile, boil water for the noodles and cook them according to package directions. When noodles are done, drain and rinse them and toss into the wok with the vegetables, then stir in half the sauce.
- Plate the noodles and vegetables, then add salmon fillets to the plate and add pour sauce on top of the fish. Garnish with sesame seeds.

Visit CatholicMom.com for more Meatless Friday recipes



Catholic Mom
HOLY CROSS
FAMILY MINISTRIES