

Oriental Salmon

1 can salmon (213g)

1 1/4 cups fish stock or chicken

2 teas sesame or veg oil

1 onion cut in half then sliced

1 tea fresh ginger chopped

3/4 cup long grain rice

1 small red pepper cut thin strips

30 fresh snow peas or

1 small stalk broccoli cut

1 tblsp soy sauce

Drain ^{liquid from} salmon into a 2 ^{cup} measure.

Add enough stock to make 1 1/2 cups.

Set aside. Flake salmon. & set aside.

Lombene oil, onion, ginger & rice
in an 8 Cup Casserole. Microwave
uncovered 2 to 3 mins on High. Stirring.

Stir in stock cover & microwave on H for 4 mins
then med. for 10 to 14 minutes until most
of liquid is absorbed. Let stand cover 5 mins.

Then combine red pepper, peas or broccoli
& soy sauce in a 4 Cup Casserole. Cover & microwave on H
2 to 4 mins till vegetables crisp. Stir in rice &
gently salmon.

Serves 3.