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# *BLACK BEAN~SALMON STIR~FRY*

**Prep Time:** 10 mins

**Cook Time:** 5 mins

**Total Time:** 15 mins

## **Ingredients**

- 1/4 cup(s) water
- 2 tablespoon vinegar, rice
- 2 tablespoon black bean garlic sauce
- 1 tablespoon wine, rice, Shao Hsing, or dry sherry
- 2 teaspoon cornstarch
- 1 pinch pepper, red, crushed
- 1 tablespoon oil, canola
- 1 pounds fish, salmon fillet, skinned, cut into 1-inch cubes
- 12 ounce(s) sprouts, mung bean
- 1 bunch(es) scallion(s) (green onions), sliced

## **Preparation**

1. Whisk water, vinegar, black bean-garlic sauce, rice wine (or sherry), cornstarch and crushed red pepper in a small bowl until combined.
2. Heat oil in a large nonstick skillet over medium-high heat. Add salmon and cook, stirring gently, for 2 minutes.
3. Add bean sprouts, scallions and the sauce mixture (the pan will be full). Cook, stirring, until the sprouts are cooked down and very tender, 2 to 3 minutes.

