




### Product Spotlight: Pak Choi


A great, super versatile vegetable to boost the nutrition of your stir-fry! It provides good levels of vitamin C and antioxidants!



## Teriyaki Salmon and Noodles

Udon noodles tossed with stir-fry vegetables and a sweet teriyaki sauce made locally by Sakayas Kitchen, topped with perfectly seared salmon fillets and garnished with sesame seeds.

 25 minutes

 4 servings

 Fish

### Spice it up!

*Add dried chilli flakes or fried shallots to garnish the dish if you have some.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	34g	11g	62g

## FROM YOUR BOX

WHEAT NOODLES	1 packet
SALMON FILLETS	2 packets
TERIYAKI SAUCE	2 sachets
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROT	1
GARLIC CLOVE	1
MIXED SESAME SEEDS	1 packet

## FROM YOUR PANTRY

sesame oil

## KEY UTENSILS

large frypan, saucepan

## NOTES

Empty the sachets into a small bowl first for easy measuring.

Start preparing the vegetables while you wait for the salmon to cook. If you have 2 frypans you can cook the vegetables and salmon at the same time.

Balance the sweetness to taste with 1/2 -1 tsp rice wine or apple cider vinegar if needed.

**No gluten option – wheat noodles are replaced with rice noodles.**



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### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** to boiling water and cook according to packet instructions or until al dente. Drain, rinse and set aside.



### 2. COOK THE SALMON

Coat **salmon fillets** with **1 tbsp teriyaki sauce** (see notes). Cook in a frypan with **sesame oil** over medium-high heat for 3-4 minutes each side or until cooked through. Remove from pan and set aside.



### 3. SAUTÉ THE VEGETABLES

Trim, quarter and rinse **Asian greens**. Slice **capsicum** and julienne or ribbon **carrot**. Wipe out and reheat frypan over medium-high heat with **sesame oil**. Add vegetables and cook for 5 minutes until softened.



### 4. TOSS THE NOODLES

Toss cooked noodles and remaining teriyaki sauce into pan along with **crushed garlic**. Cook for 2 minutes until combined (see notes).



### 5. FINISH AND SERVE

Divide noodles among bowls. Top with salmon and garnish with **sesame seeds**.

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