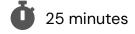


Teriyaki Salmon and Noodles

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.





4 servings



Fish

Spice it up!

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

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

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.





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 mediumhigh 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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