



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-fried vegetables and a sweet teriyaki sauce made locally by The Ugly Mug Broth Kitchen topped with perfectly seared salmon fillets and garnished with sesame seeds.

 25 minutes

 4 servings

 Fish

28 July 2023

Spice it up!

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

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

FROM YOUR BOX

WHEAT NOODLES	1 packet
SALMON FILLETS	2 packets
TERIYAKI SAUCE	1 jar (250ml)
ASIAN GREENS	1 bunch
RED CAPSICUM	1
CARROT	1
MIXED SESAME SEEDS	1 packet

FROM YOUR PANTRY

sesame oil, 1 garlic clove

KEY UTENSILS

large frypan, saucepan

NOTES

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.

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. Cook in a frypan with **sesame oil** over medium-high heat for 3-4 minutes each side or until cooked through (see notes). 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 **1 crushed garlic clove**. Cook for 2 minutes until combined.



5. FINISH AND SERVE

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



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