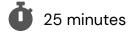


## Teriyaki Salmon and Noodles

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.





4 servings



# Spice it up!

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

TOTAL FAT 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 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 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.



**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au** 



