



Product Spotlight: The Ugly Mug

The ramen marinade sauce used in this dish is made locally by The Ugly Mug Broth Kitchen! It has delicate Japanese flavours of sweet mirin and soy, perfect for adding a boost of flavour to this dish.



Ramen Glazed Salmon

Simple, healthy and delicious is the name of the game here! Luscious salmon fillets, pan-fried with tasty ramen marinade, served with stir-fried greens over sushi rice



25 minutes



Fish



2 servings

Bulk it up!

Want to get more serves out of this dish or bulk it up and have leftover tomorrow? Serve with a boiled egg, add a bunch of Asian greens, a capsicum, or snow peas to the stir fry, or top with fresh diced cucumber or avocado.

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve:	35g	17g	70g

FROM YOUR BOX

SUSHI RICE	150g
BROCCOLI	1
GARLIC CLOVE	1
CARROT	1
SALMON FILLETS	1 packet
RAMEN MARINADE	50g
MIXED SESAME SEEDS	1 packet

FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce

KEY UTENSILS

large frypan, saucepan with lid

NOTES

Rinse and pat dry salmon before using to remove any stray scales. You can cut the salmon fillets into cubes if preferred.



1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until **rice** is tender and water is absorbed.



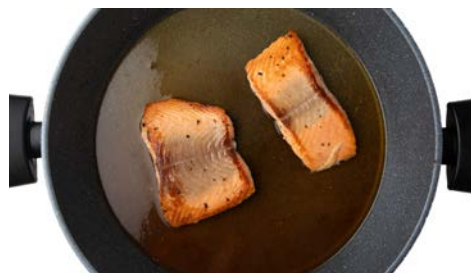
2. PREPARE THE INGREDIENTS

Cut **broccoli** into florets and crush **garlic**. Slice **carrot** into crescents.



3. STIR FRY THE VEGETABLES

Heat a frypan over medium-high heat with **sesame oil**. Add **prepared vegetables** and **garlic**. Stir fry for 3-4 minutes until tender. Season to taste with **soy sauce** and **pepper**. Remove to a plate and keep pan over heat.



4. COOK THE SALMON

Coat **salmon** with **sesame oil, salt and pepper** (see notes). Add to pan and cook for 4 minutes on one side. Turn **salmon**, add **ramen marinade** and **1/4 cup water** to pan. Cook for a further 2-4 minutes until **salmon** is cooked to your liking.



5. FINISH AND SERVE

Divide **rice** among shallow bowls. Add **salmon** and **vegetables**. Pour over **ramen marinade** from frypan and garnish with **sesame seeds**.



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