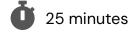


Teriyaki Salmon and Noodles

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.





2 servings



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	1 packet
TERIYAKI SAUCE	1 sachet
ASIAN GREENS	2 bulbs
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 sachet 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.

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 1/2 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.



5. FINISH AND SERVE

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

