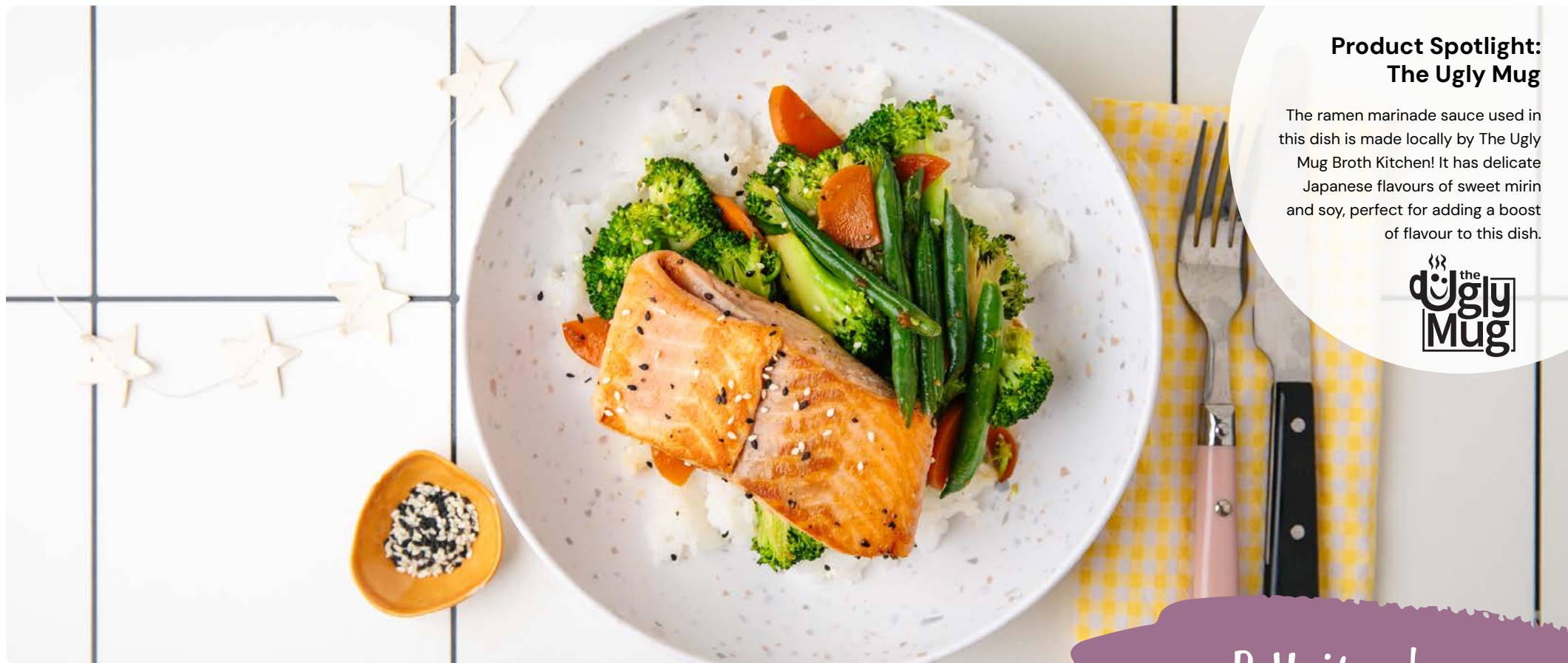




Product Spotlight: The Ugly Mug

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



4/6 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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	35g	19g	70g
4/6 Person:			

FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
GREEN BEANS	250g	250g
BROCCOLI	1	2
GARLIC CLOVES	2	2
CARROT	1	2
SALMON FILLETS	2 packets	3 packets
RAMEN MARINADE	100g	100g + 50g
MIXED SESAME SEEDS	1 packet	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 **650ml 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.

6P – use 975ml water.



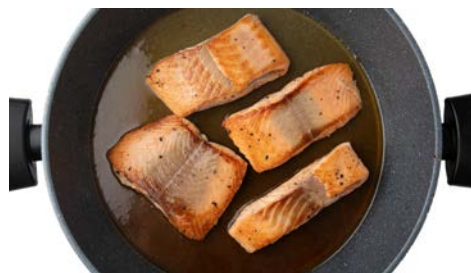
2. PREPARE THE INGREDIENTS

Trim **beans**. 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 **1/2 cup water** to pan. Cook for further 2-4 minutes until **salmon** is cooked to your liking.

6P– Add 3/4 cup water to the pan.



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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