

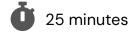




# Ramen Glazed Salmon

# with Brown Rice

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 nutty brown rice.





4 servings



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.

## **FROM YOUR BOX**

BROWN RICE	300g
GREEN BEANS	250g
BROCCOLI	1
GARLIC CLOVES	2
CARROTS	2
SALMON FILLETS	2 packets
RAMEN MARINADE	100g
SESAME SEEDS	40g

#### FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

Stir fry the carrot as well if you prefer it cooked.





#### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15-20 minutes, or until tender. Drain and rinse.



#### 2. PREPARE THE INGREDIENTS

Trim beans. Cut broccoli into florets and crush garlic. Julienne or grate carrot.



#### 3. STIR FRY THE VEGETABLES

Heat a frypan over medium-high heat with sesame oil. Add beans, broccoli and garlic (see notes). Stir fry for 3-4 minutes until vegetables are tender. Season to taste with soy sauce and pepper. Remove to a plate and keep pan over heat (see step 4).



### 4. COOK THE SALMON

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



# **5. FINISH AND SERVE**

Toss rice with 1 tbsp sesame oil. Divide among shallow bowls. Add salmon, stirfried veg and carrot. Pour over ramen marinade from frypan and garnish with sesame seeds.

