



### 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 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.



25 minutes



4 servings



Fish

## 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
	44g	19g	73g

## 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, stir-fried veg and carrot. Pour over ramen marinade from frypan and garnish with sesame seeds.



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