




### 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** 29g **TOTAL FAT** 32.3g **CARBOHYDRATES** 45g

## 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 20–25 minutes, or until tender. Drain and rinse.



### 2. PREPARE THE INGREDIENTS

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



### 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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