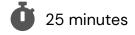




😰 Teriyaki Salmon

with Zoodles

A quick and fresh version of an all-time favourite. Salmon fillets, served with sautéed vegetables and zucchini noodles in homemade teriyaki sauce.





2 servings



Fish

Bulk it up!

If you are looking to bulk up this meal you can cut the zucchini and cook it with the other vegetables, then serve with some cooked rice or noodles.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

38g 23g

FROM YOUR BOX

GINGER	1 piece
ZUCCHINI	1
SALMON FILLETS	1 packet
CARROT	1
SPRING ONIONS	4
ASIAN GREENS	2 bulbs
SESAME SEEDS	1 packet (30g)

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), vinegar (of choice), honey

KEY UTENSILS

2 frypans

NOTES

We used sesame oil for extra flavour. We used rice wine vinegar, but you could use white vinegar or apple cider vinegar.

Pour boiling water over the zoodles and drain before serving if you prefer your zoodles warmed.



1. MAKE THE SAUCE

Grate ginger to yield 1 tbsp and add to a bowl along with 2 tbsp soy sauce, 1 1/2 tbsp vinegar, 1/2 tbsp honey, 1/2 tbsp oil (see notes), and pepper. Whisk together.



2. MAKE THE ZOODLES

Julienne or ribbon zucchini into zoodles using a julienne peeler/spiralizer or vegetable peeler (see notes).



3. COOK THE SALMON

Heat a frypan over medium-high heat with oil. Coat salmon in 1 tbsp prepared sauce. Add to pan and cook for 2-4 minutes each side or until cooked to your liking.



4. SAUTÉ THE VEGETABLES

Heat a second frypan over medium-high heat with oil. Slice carrot and spring onions (reserve green tops for garnish) and add to pan. Cook, stirring, for 2 minutes. Slice Asian greens and add to pan. Cook for a further 2 minutes. Toss through remaining sauce to coat. Season with soy sauce and pepper to taste.



5. FINISH AND SERVE

Divide zoodles, cooked vegetables and salmon fillets among bowls. Garnish with reserved spring onion green tops and sesame seeds.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



