



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Salmon


Salmon is an excellent source of high quality protein, vitamins and minerals. It contains omega-3 fatty acids; required for healthy brain function, heart health, joints and general well-being!




E4

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.

 25 minutes

 4 servings

 Fish

18 February 2022

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** 37g **TOTAL FAT** 18g **CARBOHYDRATES** 19g

FROM YOUR BOX

| | |
|----------------|----------------|
| GINGER | 1 piece |
| ZUCCHINIS | 2 |
| SALMON FILLETS | 2 packets |
| CARROTS | 2 |
| SPRING ONIONS | 1 bunch |
| ASIAN GREENS | 1 bunch |
| 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 and add to a bowl along with **1/4 cup soy sauce, 3 tbsp vinegar, 1 tbsp honey, 1 tbsp oil** (see notes), and **pepper**. Whisk together.



2. MAKE THE ZOODLES

Julienne or ribbon zucchinis 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 2 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 carrots 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

