



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: GH Produce Asian Dressing

This locally made Asian-style dressing features WA extra virgin olive oil, Tasmanian kelp, sesame seeds, desert lime, apple cider vinegar, and lots of love.



1 Sesame Salmon with Asian Greens and Noodles

Aromatic sesame seeds, rich salmon fillets, soft rice noodles, and colourful vegetables.

 25 minutes

 4 servings

 Fish

9 July 2021

Keep it separate

If preferred, you can toss the noodles with the dressing and have the vegetables on the side.

FROM YOUR BOX

RICE NOODLES	375g
ASIAN GREENS	1 bunch
SPRING ONIONS	1/4 bunch *
RED CAPSICUM	1
GINGER	1 piece
BEAN SHOOTS	1 bag
SALMON FILLETS	2 packets
SESAME DRESSING	1 bottle
SESAME SEEDS	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (see notes), soy sauce, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil for extra flavour.

Toast the sesame seeds in a dry frypan (before cooking the vegetables) for 1-2 minutes.

Asian greens sometimes hide dirt within, so make sure to give them a good wash after halving them.

No fish option - salmon fillets are replaced with chicken schnitzels. Increase cooking time to 4-5 minutes on each side or until cooked through.



1. COOK THE NOODLES

Bring a saucepan of water to the boil and cook noodles for 2 minutes, or until just tender. Drain and rinse in cold water.



2. PREP THE VEGETABLES

Slice Asian greens (see notes), spring onions and capsicum. Grate ginger.



3. COOK THE VEGETABLES

Heat a pan with **2 tbsp oil** over medium-high heat. Add all the vegetables and cook, stirring, for 3-4 minutes. Add half the bean shoots and **3 tbsp soy sauce**.



4. ADD THE NOODLES

Add the noodles to the vegetables and toss to combine and heat through. Season to taste with extra **soy sauce and pepper**.



5. COOK THE SALMON

Reheat frypan over medium-high heat. Rub salmon with **oil, 2 tsp soy sauce and pepper**. Cook for 3-4 minutes each side or until cooked to your liking. Remove to a plate.



6. FINISH AND PLATE

Divide the noodles among plates and top with salmon and bean shoots. Pour over sesame dressing to taste and sprinkle with 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**

