



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Salmon

Salmon are one of a few animals that can live in both fresh and salt water! Animals with this ability are called "euryhaline". Do you know any others that have the same ability?



1 Teriyaki Salmon with Noodles

Homemade teriyaki sauce, soft noodles, crunchy stir-fried veggies and baked salmon fillets — no need to leave your kitchen to explore exotic flavours!

 25 minutes

 4 servings

 Fish

1 March 2021

Zoodles

Instead of slicing the carrots, you can make them into zoodles using a spiraliser. Then, simply add to frypan in step 4 as per the recipe. You can also add 1/2 a spiralised zucchini if you have one!

FROM YOUR BOX

NOODLES	1 packet
GINGER	1 piece
GARLIC CLOVES	2
SALMON FILLETS (SKIN OFF)	2 packets
RED ONION	1/2 *
CARROTS	2
ASIAN GREENS	1 bunch
LEMON	1

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, soy sauce, white wine vinegar, sugar, pepper

KEY UTENSILS

saucepan, oven dish, large frypan

NOTES

Cook the salmon in the frypan first if preferred – fry for 3–4 minutes per side, spooning over sauce when turning. Remove from pan and keep warm, then continue to step 4.

No fish option – salmon fillets are replaced with **chicken schnitzels**. Pan-fry for 4–5 minutes each side or until cooked through, adding sauce when turning.

No gluten option – noodles are replaced with **rice noodles**.



1. COOK THE NOODLES

Set oven to 220°C and bring a saucepan of water to the boil.

Cook the noodles in the saucepan according to packet instructions. Drain and leave to the side.



2. MAKE THE SAUCE

Grate ginger and add to a bowl with crushed garlic, **4 tbsp soy sauce**, **3 tbsp vinegar**, **2 tbsp sugar** and **1 tbsp oil**. Whisk together.



3. COOK THE SALMON

Arrange the salmon fillets in a lined oven dish. Pour over 2 tbsp sauce and bake in the oven for 10–12 minutes or until cooked to your liking (see notes).



4. COOK THE VEGETABLES

Heat a large frypan or wok with **oil** over high heat. Slice red onion, carrots and Asian greens, adding to pan as you go. Cook for 3–4 minutes.



5. ADD THE NOODLES

Add noodles and remaining sauce to vegetables. Stir-fry for 2–3 minutes until heated through. Add juice from 1/2 lemon and season to taste with **soy sauce and pepper**.



6. FINISH AND PLATE

Wedge remaining lemon.

Serve noodles in bowls, top with salmon and a lemon wedge.

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

