



### Product Spotlight: Eggplant

Eggplants are super versatile and loved for their creamy texture after cooking. The eggplant is commonly known as a vegetable but is a member of the berry family!



## Glazed Salmon with Miso Soup & Noodles

This glazed salmon and miso soup is quick, simple and warming! Salmon and vegetables roasted in a sweet and savoury glaze served with miso soup, noodles, and fresh watercress with togarashi spice sprinkled over!



25 minutes



2 servings



Fish

## Stir-fry it!

*Use the glaze and tare to stir-fry with the chicken and vegetables. Toss the noodles through, serve with fresh watercress and sprinkle over the togarashi spice mix.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 37g     | 15g       | 88g           |

## FROM YOUR BOX

|                         |          |
|-------------------------|----------|
| RICE VERMICELLI NOODLES | 1 packet |
| ZUCCHINI                | 1        |
| BABY EGGPLANT           | 1        |
| SALMON FILLETS          | 1 packet |
| GINGER                  | 1 piece  |
| TARE                    | 50g      |
| WATERCRESS              | 1 sleeve |
| TOGARASHI SPICE MIX     | 1 packet |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, soy sauce (or tamari), maple syrup

## KEY UTENSILS

oven tray, saucepan

## NOTES

Substitute maple syrup for honey, white sugar, brown sugar or coconut sugar if preferred.

The vegetables and salmon can be cooked on a griddle pan, on the BBQ or pan-fried with the glaze if preferred.

The togarashi has a mild spice level, use to taste.



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### 1. COOK THE NOODLES

Set oven to 220°C.

Bring a saucepan of water to a boil. Add noodles and cook for 8-10 minutes until al dente. Drain and rinse with cold water. Reserve saucepan for step 4.



### 4. WARM THE BROTH

Peel and grate ginger. Add to reserved saucepan along with tare and **500ml water**. Bring to a simmer. Season to taste with **salt and pepper**.



### 2. MAKE THE GLAZE

Add **3 tsp maple syrup** (see notes), **1 1/2 tbsp soy sauce**, **2 tbsp oil** and **pepper** to a bowl. Whisk to combine.



### 5. FINISH AND SERVE

Divide noodles among bowls. Ladle in broth and top with roasted vegetables and salmon. Serve with watercress and sprinkle over togarashi (see notes).



### 3. PREPARE THE ROASTING TRAY

Slice zucchini and eggplant into rounds. Toss on a lined oven tray along with salmon fillets (see notes) and glaze. Roast for 10-12 minutes until salmon is cooked through.

**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**

