




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

 4 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** 35g **TOTAL FAT** 33g **CARBOHYDRATES** 92g

FROM YOUR BOX

RICE VERMICELLI NOODLES	1 packet
ZUCCHINI	1
GOURMET EGGPLANTS	3
SALMON FILLETS	2 packets
GINGER	1 piece
TARE	2 x 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 **1L water**. Bring to a simmer. Season to taste with **salt and pepper**.



2. MAKE THE GLAZE

Add **1 tbsp maple syrup** (see notes), **2 tbsp soy sauce**, **3 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 **eggplants** 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**

