




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 rocket with togarashi spice sprinkled over!

 25 minutes

 4/6 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 rocket and sprinkle over the togarashi spice mix.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	37gg	19g	49g/71g

FROM YOUR BOX

	4 PERSON	6 PERSON
RICE VERMICELLI NOODLES	1 packet	2 packets
ZUCCHINI	1	1
GOURMET EGGPLANTS	3	4
SALMON FILLETS	2 packets	3 packets
GINGER	1 piece	2 pieces
TARE	2 x 50g	3 x 50g
ROCKET*	120g	2 x 120g
TOGARASHI SPICE MIX	1 packet	2 packets

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.

**Due to unavailability, watercress has been replaced with rocket.*



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**.

6P – add to reserved saucepan along with tare and 1.5L water.



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.

6P – add **2 tbsp maple syrup** (see notes), **2 1/2 tbsp soy sauce**, **4 tbsp oil** and **pepper** to a bowl.



5. FINISH AND SERVE

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



3. PREPARE THE 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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

