



Product Spotlight: Sesame Seeds

These tiny seeds contain protein, making them a great addition to your family's diet! Protein is an important building block in bones, muscles, skin and blood.



Salmon Fillets with Sesame Noodle Salad

Luscious salmon fillets served with a refreshing cold noodle salad of avocado, cucumber and sesame seeds tossed in a ginger dressing.



25 minutes



2 servings



Fish

Spice it up!

To spice it up, serve this dish with your favourite chilli oil, a sprinkle of dried chilli flakes or slices of fresh red chilli!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	37g	37g	53g

FROM YOUR BOX

EGG NOODLES	1 packet
LEBANESE CUCUMBER	1
AVOCADO	1
SPRING ONIONS	1 bunch
GINGER	1 piece
WHITE SESAME SEEDS	1 packet
TERIYAKI SAUCE	1 sachet
SALMON FILLETS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan

NOTES

We used sesame oil for extra flavour.

White pepper is a great alternative to cracked black pepper, particularly in Japanese and Chinese dishes. It has a milder flavour and is easier to hide from fussy eaters.

To spice it up, serve this dish with your favourite chilli oil, a sprinkle of dried chilli flakes or slices of fresh red chilli!

No gluten option – noodles are replaced with rice noodles. Cook according to packet instructions or until al dente.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until al dente. Drain and rinse well with cold water to stop the cooking process and cool the noodles.



2. PREPARE THE INGREDIENTS

Crescent **cucumbers**. Dice **avocado**. Slice **spring onions** (reserve some green tops for garnish).

Peel and grate **ginger**. Add to a bowl (see step 3).



3. MAKE THE NOODLE SAUCE

Heat a frypan over medium-high heat and add **sesame seeds**. Toast for 3–4 minutes until golden. Remove to bowl with ginger. Add **teriyaki sauce** and **spring onions**. Mix to combine.



4. COOK THE SALMON

Coat **salmon** in **2 tbsp soy sauce** and **pepper**. Reheat frypan over medium-high heat with **oil** (see notes). Cook salmon for 2–4 minutes each side until cooked to your liking.



5. TOSS THE NOODLE SALAD

Return noodles to saucepan along with sauce and cucumber. Toss well to coat noodles. Season to taste with **soy sauce** and **pepper** (see notes).



6. FINISH AND SERVE

Divide noodle salad among bowls. Top with salmon fillets and avocado. Garnish with reserved spring onion green tops (see notes).

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