

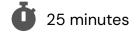


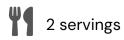


## Salmon Fillets

### 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.







# 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!

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

37g 37

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
SALMON FILLETS	, paokot

#### 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 all 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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