

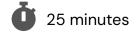


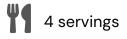


Salmon Fillets

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.







Prep it!

This salad is designed to be served cold. You can prepare it a day ahead and keep refrigerated until serving.

er serve: PROTEIN TOTAL FAT CARBOHYDRATES

33g 27g

g

39g

FROM YOUR BOX

EGG NOODLES	1 packet
LEBANESE CUCUMBERS	2
AVOCADO	1
SPRING ONIONS	1 bunch
GINGER	1 piece
WHITE SESAME SEEDS	1 packet
TERIYAKI SAUCE	2 sachets
SALMON FILLETS	2 packets

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).

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



