



### 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



4 servings



Fish

## Prep it!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	27g	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).

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