



Sweet Soy Salmon Noodles

with pan-fried bell pepper and coriander garnish

Calorie Smart Quick Cook 20-25 mins • Eat me first

12



Salmon



Sweet Chilli Sauce



Soy Sauce



Egg Noodles



Bell Pepper



Onion



Coriander

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Sieve

Ingredients

	2P	4P
Salmon	200 g	400 g
Sweet Chilli Sauce	2 sachets	4 sachets
Soy Sauce	1 sachet	2 sachets
Egg Noodles	150 g	300 g
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Coriander	5 g	10 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	352.5 g	100 g
Energy (kJ/kcal)	2449 kJ/ 585 kcal	695 kJ/ 166 kcal
Fat (g)	18.2 g	5.2 g
Sat. Fat (g)	2.8 g	0.8 g
Carbohydrate (g)	71.7 g	20.4 g
Sugars (g)	14.8 g	4.2 g
Protein (g)	34.1 g	9.7 g
Salt (g)	2.5 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.



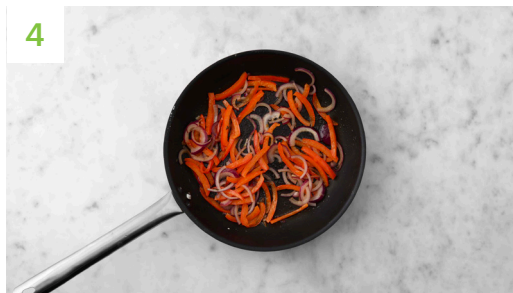
You can recycle me!



Cook the Noodles

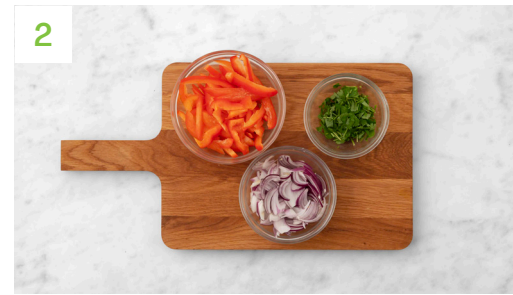
- Boil a large pot of **salted water** for the **egg noodles**.
- When the water is boiling, add the **noodles** and cook until softened, 4-6 mins.
- Drain in a sieve then return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.

TIP: *If you're in a hurry you can boil the water in your kettle.*



Soften the Veg

- Return the pan to medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion** and **pepper** until softened, 4-5 mins.
- Season with **salt** and **pepper**.



Get Prepped

- Meanwhile, roughly chop the **coriander** (stalks and all).
- Halve, peel and thinly slice the **onion**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.



Coat the Noodles

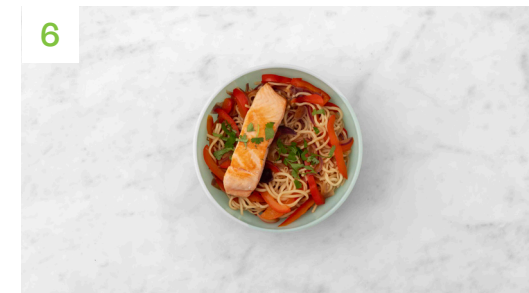
- Once the veg has softened, add the **sweet chilli sauce**, **soy sauce** and 50ml **water** (double for 4p) to the pan.
- Stir together and cook until warmed through and sticky, 1-2 mins. Loosen the sauce with a splash of **water** if necessary.
- Taste and season with **salt** and **pepper**.
- Add the **noodles** to the pan and carefully toss to coat in the sauce.



Fry the Fish

- Place a pan over high heat with a drizzle of **oil**.
- Lightly season the **salmon** with **salt** and **pepper**.
- Once hot, place the **fish** into the pan, skin-side down.
- Cook for 4-5 mins, turn over, and cook for 3-4 mins on the other side. **IMPORTANT:** Wash hands and equipment after handling raw fish. Fish is cooked when opaque in the middle.
- Remove from the pan and cover to keep warm.

TIP: *Give the pan a quick wipe if you like, you'll be using it again!*



Finish and Serve

- Divide the **noodles** and veg between bowls.
- Top with the charred **salmon**, drizzling over any marinade that remains in the pan.
- Garnish with a sprinkling of chopped **coriander**.

Enjoy!