



Sweet Soy Salmon Noodles

with pan-fried bell pepper

Calorie Smart Quick Cook 20-25 mins

12



Salmon



Sweet Chilli Sauce



Soy Sauce



Egg Noodles



Bell Pepper



Onion



Ginger



Hoisin Sauce



Ketchup

Pantry Items: Oil, Salt, Pepper, Water



Rate your recipe!

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

Grater, 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	2 units	4 units
Ginger	1 unit	2 units
Hoisin Sauce	2 sachets	4 sachets
Ketchup	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	397.5 g	100 g
Energy (kJ/kcal)	2667 kJ/ 638 kcal	671 kJ/ 160 kcal
Fat (g)	18.9 g	4.7 g
Sat. Fat (g)	2.9 g	0.7 g
Carbohydrate (g)	83.2 g	20.9 g
Sugars (g)	23.7 g	6 g
Protein (g)	34.8 g	8.8 g
Salt (g)	3.1 g	0.8 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.

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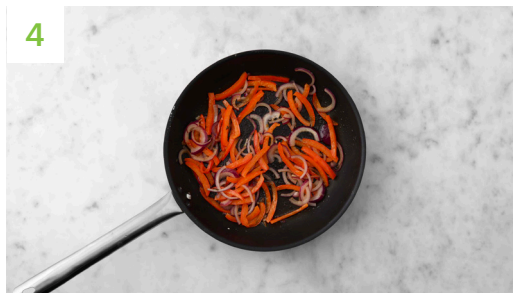
You can recycle me!



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.*



Fry the Veg

- Return the pan to medium-high heat with a drizzle of **oil**, if required.
- Once hot, fry the **onion** and **pepper** until softened, 4-5 mins.
- Add the **ginger** and fry for 1 min more. Season with **salt** and **pepper**.
- Meanwhile, peel away the skin of the **salmon**, then use a fork to pull apart the flaky **fish**.



Sear the Salmon

- 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!*



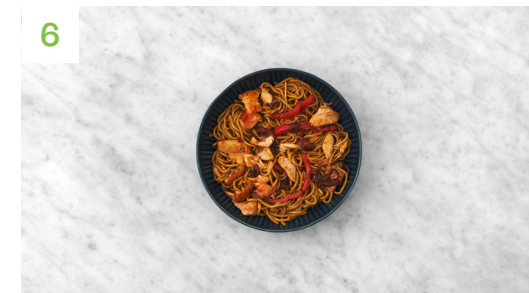
Toss the Noodles

- Once the veg has softened, add the **soy sauce**, **hoisin sauce**, **ketchup**, flaked **salmon**, 100ml **water** (double for 4p) and **half** the **sweet chilli sauce** to the pan.
- Cook until warmed through and sticky, 1-2 mins. Loosen the sauce with a splash of **water** if necessary.
- Add the **noodles** to the pan and toss to coat in the sauce.
- Season to taste with **salt** and **pepper**.



Get Prepped

- Meanwhile, halve, peel and thinly slice the **onion**.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Peel and grate the **ginger**. Use a teaspoon to easily scrape away the peel.



Finish and Serve

- Divide the flaked **salmon noodles** between bowls.
- Finish with a drizzle of the remaining **sweet chilli sauce**.

Enjoy!