



# Teriyaki Salmon Noodles

with scallion and spicy chilli flakes

Calorie Smart Quick Cook 20-25 mins

12



Salmon



Teriyaki Sauce



Ketjap Manis



Dried Chilli Flakes



Carrot



Scallion



Green Beans



Egg Noodles



Thai Style Spice Mix

Pantry Items: Oil, Salt, Pepper, Water



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## 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

Pan with lid, sieve

## Ingredients

	2P	4P
Salmon	200 g	400 g
Teriyaki Sauce	1 sachet	2 sachets
Ketjap Manis	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Carrot	1 unit	2 units
Scallion	2 units	4 units
Green Beans	75 g	150 g
Egg Noodles	150 g	300 g
Thai Style Spice Mix	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>357.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2967 kJ/ 645 kcal	756 kJ/ 181 kcal
Fat (g)	20.7 g	5.8 g
Sat. Fat (g)	2.9 g	0.8 g
Carbohydrate (g)	81.3 g	22.7 g
Sugars (g)	21.2 g	5.9 g
Protein (g)	34.8 g	9.7 g
Salt (g)	3.8 g	1 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

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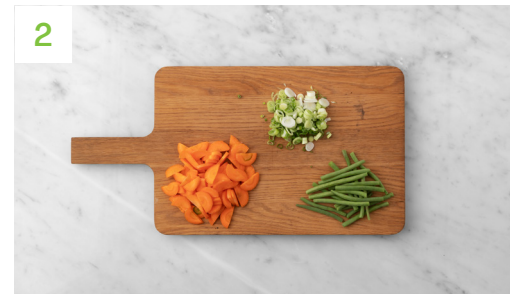
You can recycle me!



### Cook the Noodles

- Boil a large pot of **salted water** for the **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.*



### Get Prepped

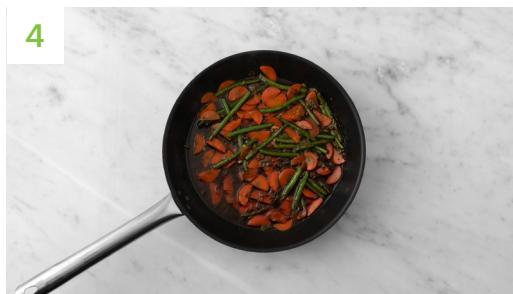
- Meanwhile, trim the **green beans**.
- Trim the **carrot** and halve lengthways. Slice into ½ cm semicircles (no need to peel).
- Trim and thinly slice the **scallion**.



### Sear the Salmon

- Place a pan over high heat with a drizzle of **oil**.
- Season the **salmon** with **Thai spice mix**, **salt** and **pepper**.
- Once hot, lay 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!*



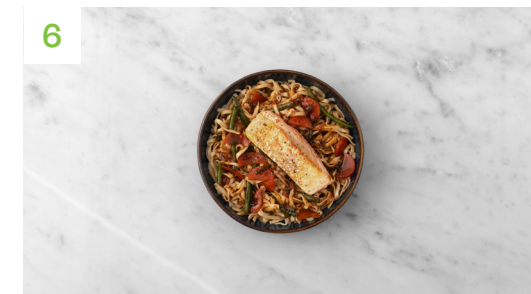
### Soften the Veg

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** and **green beans** until softened, 5-6 mins.
- Add a splash of **water**, cover and cook until tender, 4-5 mins.
- When 1 min of cooking time remains, add **half** the **scallion** and **half** the **chilli flakes** (use less if you don't like spice) to the pan. Cook until fragrant, 1 min.
- Stir in the **teriyaki sauce**, **ketjap manis** and 50ml **water** (double for 4p).



### Stir in the Sauce

- Mix everything 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.



### Finish and Serve

- Divide the **noodles** between deep plates or bowls.
- Top with the Thai spiced **salmon**.
- Garnish with the remaining **scallion**.
- Finish with a sprinkling of **chilli flakes**—to taste!

**Enjoy!**