



Teriyaki Salmon Noodles

with scallion and spicy chilli flakes

20 – 25 mins

12



Salmon



Teriyaki Sauce



Ketjap Manis



Dried Chilli Flakes



Carrot



Scallion



Bell Pepper



Egg Noodles



Thai Style Spice Mix

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

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
Bell Pepper	1 unit	2 units
Egg Noodles	150 g	300 g
Thai Style Spice Mix	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	410 g	100 g
Energy (kJ/kcal)	2795 kJ/ 668 kcal	682 kJ/ 163 kcal
Fat (g)	22 g	5.4 g
Sat. Fat (g)	3.2 g	0.8 g
Carbohydrate (g)	85.1 g	20.8 g
Sugars (g)	25.2 g	6.1 g
Protein (g)	35.2 g	8.6 g
Salt (g)	3.8 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe.

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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Cook the Noodles

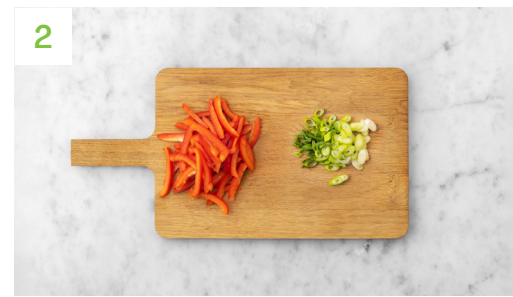
- Boil a large pot of **salted water** for the **noodles**.
- When the **water** is boiling, add the **noodles** and cook until softened, 4-6 mins.
- Drain in a sieve then return to the pot, off the heat.
- Drizzle with **oil** and toss to prevent sticking.

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



Soften the Veg

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, fry the **carrot** and **pepper** until softened, 5-6 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** (per 2P).



Get Prepped

- Meanwhile, halve, deseed and thinly slice the **pepper**.
- Trim the **carrot** and halve lengthways. Slice into ½ cm semi-circles (no need to peel).
- Trim and thinly slice the **scallion**.



Stir in the Sauce

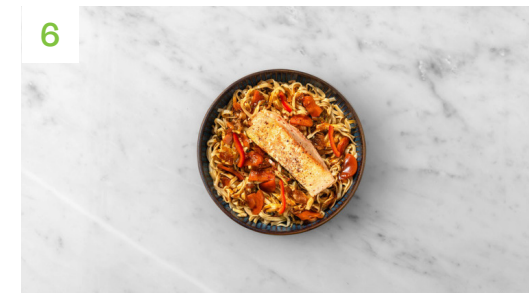
- Mix everything together and cook until warmed through and sticky, 1-2 mins.
- Loosen the sauce with a splash of **water** if necessary.
- Taste and season with **salt** and **pepper**.
- Add the **noodles** to the pan and carefully toss to coat in the sauce.



Sear the Salmon

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