



Sweet Soy Salmon Noodles

with pan-fried bell pepper

20 – 25 mins • Optional spice

15



Salmon



Dried Chilli Flakes



Sweet Chilli Sauce



Soy Sauce



Egg Noodles



Bell Pepper



Onion



Ginger



Hoisin Sauce



Ketchup



Scallion



Salmon Fillet

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.

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

Cooking tools you will need

Grater, sieve

Ingredients

	2P	4P
Salmon	200 g	400 g
Dried Chilli Flakes	1 sachet	2 sachets
Sweet Chilli Sauce	1 sachet	2 sachets
Soy Sauce	1 sachet	2 sachets
Egg Noodles	150 g	300 g
Bell Pepper	1 unit	2 units
Onion	1 unit	2 units
Ginger	1 unit	2 units
Hoisin Sauce	2 sachets	4 sachets
Ketchup	2 sachets	4 sachets
Scallion	1 unit	2 units
Salmon Fillet	400 g	800 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	680.3 kJ/ 162.6 kcal	731 kJ/ 175 kcal
Fat (g)	4.9 g	7.1 g
Sat. Fat (g)	0.8 g	1.2 g
Carbohydrate (g)	21.4 g	17.2 g
Sugars (g)	6.6 g	5.3 g
Protein (g)	8.6 g	10.9 g
Salt (g)	0.8 g	0.6 g

See site or app for detailed nutritional info.

Allergens

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

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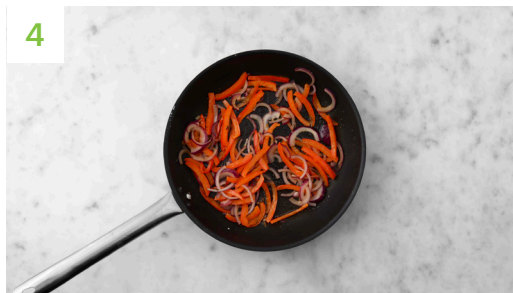
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Cook the Noodles

- 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 **bell 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** (per 2P) 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**.
- Thinly slice the **scallion**.
- Halve the **bell 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.
- Scatter over the **scallion** and **chilli flakes** (use less if you don't like spice).
- Finish with a drizzle of remaining **sweet chilli sauce**.

Enjoy!