



Teriyaki Salmon Noodles

with scallion and spicy chilli flakes

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

12



Salmon



Teriyaki Sauce



Udon Noodles



Ketjap Manis



Dried Chilli Flakes



Carrot



Scallion

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.

Ingredients

	2P	4P
Salmon	200 g	400 g
Teriyaki Sauce	1 sachet	2 sachets
Udon Noodles	300 g	600 g
Ketjap Manis	1 sachet	2 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Carrot	2 units	4 units
Scallion	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	472.5 g	100 g
Energy (kJ/kcal)	2454.8 kJ/ 586.7 kcal	519.5 kJ/ 124.2 kcal
Fat (g)	18.1 g	3.8 g
Sat. Fat (g)	3 g	0.6 g
Carbohydrate (g)	75.8 g	16 g
Sugars (g)	23.2 g	4.9 g
Protein (g)	30.5 g	6.5 g
Salt (g)	3.7 g	0.8 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.

Contact

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

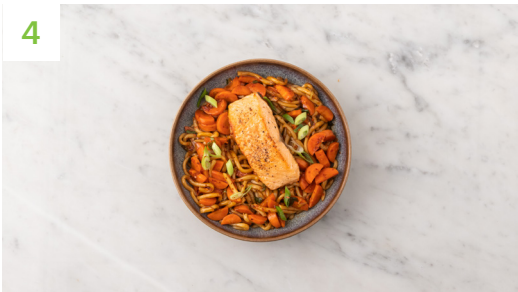


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Get Prepped

- Trim the **carrot** and halve lengthways. Slice into ½ cm half-moons (no need to peel).
- Trim and thinly slice the **scallion**.
- Place a large pan over high heat with a drizzle of **oil**.
- Add the **carrot** and fry until softened, 5-6 mins. Add a splash of **water**, cover and simmer, 4-5 mins.
- With 1 min left to cook, add **half** the **scallion** and **half** the **chilli flakes** (use less if you don't like spice). Season with **salt** and **pepper**. Remove from pan when cooked.



Finish and Serve

- Dish up the saucy **noodles**.
- Top with the fried **salmon**.
- Garnish with the remaining **scallion** and **chilli flakes**.

Enjoy!



Fry the Salmon

- Return the pan to high heat with a drizzle of **oil**.
- 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. Cover to keep warm.



Cook the Noodles

- Return the pan to medium-high heat with another drizzle of **oil**.
- Carefully separate the **noodles** and add them to the pan. Cook until warmed through, 1-2 mins.
- Add the **carrots**, **teriyaki sauce**, **ketjap manis** and 50ml **water** (double for 4p).
- Stir together and cook until warmed through and sticky, 1-2 mins.