



Everything But The Chef

hello@hellofresh.com.au | 02 81 888 722

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Teriyaki Salmon with Soba Noodles

Traditional soba or Japanese buckwheat noodles have a delicious flavour. A perfect match for the fresh flavours of umami-rich teriyaki salmon, sweet snow peas, ginger and lemon. If you haven't got time to cultivate your own relaxing Japanese water garden, find your balance with this fresh and simple dish.

Pantry Items: Vegetable Oil, Soy Sauce, Water, Brown Sugar, Rice Wine Vinegar

- Prep:** 10 mins
- Cook:** 10 mins
- Total:** 20 mins
- level 1**
- eat me first**
- high protein**
- omega 3 rich**
- lactose free**



Ginger



Garlic



Salmon



Soba Noodles



Carrot



Sugar Snap Peas



Spring Onions



Lemon

2P	4P	Ingredients	
1 knob	2 knobs	ginger, peeled & finely grated	⊕
1 clove	2 cloves	garlic, peeled & crushed	⊕
2 tbs	4 tbs	salt-reduced soy sauce *	
1 tbs	2 tbs	rice wine vinegar (or white wine vinegar) *	
1 tbs	2 tbs	water *	
2 tsp	1 tbs	brown sugar *	
2 tsp	1 tbs	vegetable oil *	
2 fillets	4 fillets	salmon	
⅔ packet	1 ⅓ packets	soba noodles	
1	2	carrot, peeled & cut into matchsticks	⊕
100 g	200 g	sugar snap peas, trimmed & destrired	
1 bunch	2 bunches	spring onions, finely sliced	
½	1	lemon, cut into wedges	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2470	Kj
Protein	37.4	g
Fat, total	13.9	g
-saturated	2.4	g
Carbohydrate	74.1	g
-sugars	9.5	g
Sodium	1410	mg

Measuretool

0 cm	1 cm	2 cm

2a



You will need: chopping board, chef's knife, kettle, garlic crusher, vegetable peeler, medium bowl, plastic wrap, large pot, drainer, and a medium frying pan.

1 Bring a kettle full of water to the boil.

2 In a medium bowl combine the **ginger, garlic, soy sauce, rice wine vinegar, water, brown sugar,** and **vegetable oil** until the sugar dissolves. Add the **salmon fillets** and toss to coat well. Cover with plastic wrap and set aside while you prepare the noodles.

2b



3 Pour the boiled water into a large pot and bring back to the boil over a medium-high heat. Add the **soba noodles** and cook according to the packet directions. In the last **2 minutes** add the **carrot** and the **sugar snap peas**. Drain, then toss through the **spring onions**.

4 Heat a dash of olive oil in a medium frying pan over a medium-high heat. Cook the salmon for **3 minutes** on each side, basting with some of the remaining marinade as you go. Remove the salmon and add the noodles and the veggies to the pan with any remaining marinade. Toss over a low heat to lightly coat.

4a



5 To serve, divide the noodles between plates and top with the salmon fillets and squeeze with **lemon juice**.

4b



Did you know? Traditionally, soba noodles are served either hot and cold, alongside a broth or simple dipping sauce.