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Japanese Teriyaki Salmon with Soba Noodles

Packed full of protein and whole buckwheat, this fresh Japanese noodle bowl is the perfect thing to give you all the energy you need to hit the gym. Not only is ginger delicious, but it's anti-inflammatory, so consider this your after workout salve as well.



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1



lactose free



seafood first

Pantry Items



Soy Sauce



Rice Wine Vinegar



Water



Brown Sugar



Vegetable Oil



Ginger



Garlic



Salmon



Soba Noodles



Carrot



Snow Peas



Spring Onion

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2P	4P	Ingredients
1 knob	2 knobs	ginger, peeled & finely grated
1 clove	2 cloves	garlic, peeled & crushed
3 tbs	6 tbs	salt-reduced soy sauce *
2 tbs	4 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
⅓ packet	1 ⅓ packets	soba noodles
1	2	carrot, peeled & cut into matchsticks
100 g	200 g	snow peas, trimmed & destring
1 bunch	2 bunches	spring onions, finely sliced

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2470	Kj
Protein	37.3	g
Fat, total	13.9	g
-saturated	2.4	g
Carbohydrate	74	g
-sugars	9.3	g
Sodium	1410	mg



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

1 Bring a kettle full of water to the boil.

2 In a medium bowl combine the **ginger, garlic, salt-reduced soy sauce, rice wine vinegar, water, brown sugar, and vegetable oil** until the sugar dissolves. Add the **salmon fillets** and toss to coat well.

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 **snow 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.

5 To serve, divide the noodles between plates and top with the salmon fillets.



Did you know? Japanese immigrants are the largest migrant population in Brazil today!