



Teriyaki Salmon with Shaved Carrot & Sesame Egg Noodles



This teriyaki salmon recipe is a winner! It's so simple and doesn't require any lengthy marinating, but is super flavorful. The salmon turns out flaky, juicy and absolutely delicious with the homemade teriyaki sauce (which is great on chicken too!). The carrot shavings are also a great way to get extra veg in!

Nutritional Info

Calories: 560 kcal
Carbohydrates: 41g
Protein: 28g
Fat: 24g

Ingredients

- Salmon Fillet
- Lime
- Ginger
- Egg Noodles
- Red Chilli
- Soy Sauce
- Carrot
- Honey
- Sesame Oil

Your Pantry

- Salt
- Olive Oil

Allergens


Fish (Salmon)
Wheat (Soy Sauce, Noodles)
Soya (Soy Sauce, Sesame Oil)
Egg (Noodles)
Sesame (Sesame Oil)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Chop the aromatics**

Peel and slice the ginger. Chop the chilli. Grate the zest of the lime and combine with the juice of the lime in a small bowl. Set these aromatics aside.

2) **Peel the carrot**

Peel and discard the skin of the carrot. Using a peeler, shave the carrot into strips and set aside.

3) **Cook the Salmon**

Heat a pan over a medium heat and fry the salmon skin side down in a little oil. When you first put in the salmon, shake the pan for 30 seconds to form a skin on the fish, this will prevent it from sticking. Cook for 2-3 minutes on each side. Remove the salmon from the pan.

4) **Cook the noodles**

In a pot, add boiling water to the noodles and cover. They should be cooked in 3 minutes. Add the shaved carrot to the noodles and water, wait 1 minute then strain the water from the noodles. Add the sesame oil to the noodles and stir through.

5) **Make the teriyaki sauce**

Heat some oil in the same pan used to cook the fish. Fry the ginger and chilli (add to taste) for 1 minute. Add the zest and juice of the lime and pour in the soy sauce. Add the honey and cook for 1 minute or until reduced and sticky. When the sauce has reduced add the salmon to the teriyaki sauce frying pan for 1 minute.

6) **Plate the dish**

Serve the salmon on top of the noodles and drizzle with the teriyaki sauce.



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