

Teriyaki salmon noodle stirfry

Serves: 4

Prep time: 5 mins

Cook time: 15 mins



Ingredients

250g dried soba noodles
1 tbsp olive oil
4 x 100g skinless salmon fillets
20g fresh ginger, finely grated
2 garlic cloves, finely chopped
300g fresh Asian vegetables stir fry mix
1/3 cup teriyaki sauce
1 tbsp sesame seeds, toasted

Methods

Step 1: Cook the noodles following packet instructions. Reserve 1/2 cup cooking liquid in a bowl. Drain noodles and set aside.

Step 2: Meanwhile, heat 1 teaspoon oil in a large deep-sided frypan or wok over medium-high heat. Cook the salmon for 3 minutes each side or until cooked through. Transfer to a plate and set aside. Flake into large pieces and remove any bones.

Step 3: Add the remaining oil to the same pan and cook ginger and garlic for 1 minute or until fragrant.

Step 4: Add the vegetable mix and stir fry for 2-3 minutes, or until tender.

Step 5: Add the noodles, teriyaki sauce and reserved cooking liquid and stir fry for 2 minutes or until noodles are coated with sauce.

Step 6: Add salmon pieces and toss to combine.

Step 7: Divide among bowls and sprinkle with sesame seeds to serve.

