



Soy and Lime Baked Salmon with Teriyaki Noodles and Peanuts

Classic 25-30 Minutes • **Mild Spice** • 1 of your 5 a day

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Lime



Garlic Clove



Sugar Snap Peas



Carrot



Salted Peanuts



Soy Sauce



Salmon Fillets



Egg Noodle Nest



Indonesian Style Spice Mix



Teriyaki Sauce

Pantry Items

Oil, Salt, Pepper, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Kettle, fine grater, garlic press, rolling pin, bowl, baking tray, baking paper, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Lime**	1	1½	2
Garlic Clove**	2	3	4
Sugar Snap Peas**	80g	150g	150g
Carrot**	1	2	2
Salted Peanuts 1)	25g	40g	40g
Soy Sauce 11) 13)	25ml	50ml	50ml
Salmon Fillets** 4)	2	3	4
Egg Noodle Nest 8) 13)	125g	187g	250g
Indonesian Style Spice Mix	1 sachet	1 sachet	2 sachets
Teriyaki Sauce 11)	100g	150g	200g

Pantry	2P	3P	4P
Olive Oil for the Marinade*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	75ml	100ml	150ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	423g	100g
Energy (kJ/kcal)	2964 / 708	702 / 168
Fat (g)	28.6	6.8
Sat. Fat (g)	5.3	1.3
Carbohydrate (g)	74.9	17.7
Sugars (g)	23.3	5.5
Protein (g)	38.0	9.0
Salt (g)	6.44	1.52

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

1) Peanut **4)** Fish **8)** Egg **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Zest and cut the **lime** into wedges. Peel and grate the **garlic** (or use a garlic press).

Slice the **sugar snap peas** in half lengthways. Trim the **carrot**, then halve lengthways (no need to peel). Slice widthways into **pieces** about ½ cm thick.

Crush the **peanuts** in the unopened sachet using a rolling pin.



Cook the Noodles

Pour the **boiled water** into a medium saucepan with ½ **tsp salt** and bring to the boil.

Add the **noodles** and cook until tender, 4 mins.

Once cooked, drain in a sieve and run under **cold water** to stop them sticking together.



Marinate the Salmon

Add the **lime zest**, **olive oil for the marinade** (see pantry for amount), **half the garlic** and **half the soy sauce** to a large bowl. Squeeze in some **lime juice** and stir to combine.

Pop the **salmon fillets** into the bowl and turn them over in the **marinade** so they're well coated. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Stir-Fry Time

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

Once hot, add the **sugar snaps** and **carrot** to the pan. Stir-fry until tender, 4-5 mins.

Reduce the heat to medium, then add the **Indonesian style spice mix** and remaining **garlic**. Stir-fry until fragrant, 30 secs.

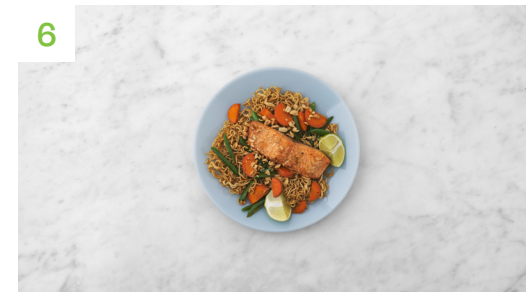
Mix in the **teriyaki**, **water for the sauce** (see pantry for amount) and remaining **soy**. Bring to the boil, then reduce the heat to medium. Toss in the **noodles** and allow everything to heat through, 1-2 mins.



Time to Bake

Lay the **marinated salmon fillets** onto a large lined baking tray, skin-side down (discard the remaining marinade).

When the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** The fish is cooked when opaque in the middle.



Finish and Serve

When everything's ready, share the **teriyaki noodles** between your serving bowls.

Top with a **salmon fillet** and finish with a scattering of **peanuts**.

Serve with remaining **lime wedges** alongside.

Enjoy!