



# Sweet Chilli Salmon Noodle Bowl

with Stir-Fried Veg and Sesame Seeds

**Quick** 20-25 Minutes • **Mild Spice** • 1 of your 5 a day

46



Salmon Fillets



Egg Noodle Nest



Garlic Clove



Sugar Snap Peas



Coleslaw Mix



Thai Style Spice Blend



Teriyaki Sauce



Hoisin Sauce



Soy Sauce



Sweet Chilli Sauce



Roasted White Sesame Seeds

**Pantry Items**

Oil, Salt, Pepper



## 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, baking tray, baking paper, saucepan, sieve, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Salmon Fillets** <b>4)</b>	2	3	4
Egg Noodle Nest <b>8) 13)</b>	125g	187g	250g
Garlic Clove**	2	3	4
Sugar Snap Peas**	80g	150g	150g
Coleslaw Mix**	120g	180g	240g
Thai Style Spice Blend	1 sachet	1 sachet	2 sachets
Teriyaki Sauce <b>11)</b>	50g	75g	100g
Hoisin Sauce <b>11)</b>	64g	96g	128g
Soy Sauce <b>11) 13)</b>	15ml	25ml	30ml
Sweet Chilli Sauce	32g	48g	64g
Roasted White Sesame Seeds <b>3)</b>	5g	7g	10g

Pantry	2P	3P	4P
Water for the Sauce*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	378g	100g
Energy (kJ/kcal)	2753 /658	729 /174
Fat (g)	19.7	5.2
Sat. Fat (g)	3.9	1.0
Carbohydrate (g)	84.7	22.4
Sugars (g)	32.5	8.6
Protein (g)	35.3	9.4
Salt (g)	5.60	1.48

Nutrition for uncooked ingredients based on 2 person recipe.

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

## Allergens

**3)** Sesame **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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### Bake the Salmon

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

Lay the **salmon fillets**, skin-side down, onto a lined baking tray. Drizzle over a little **oil**, then season with **salt and pepper**.

When the oven is hot, roast the **salmon** on the top shelf until cooked through, 10-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



### Add the Sauce

Add the **garlic**, **coleslaw mix** and **Thai style spice blend** to the **sugar snaps**. Stir-fry for 30 secs more.

Stir in the **teriyaki sauce**, **hoisin sauce**, **soy** and **water for the sauce** (see pantry for amount). Bring to the boil, then lower the heat and simmer for 2-3 mins.



### Cook the Noodles

Pour the **boiled water** from your kettle into a medium saucepan with  $\frac{1}{2}$  **tsp salt** and bring to a 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.



### Finish Up

Add the **cooked noodles** to the **sauce** and **veg**, mixing together well so the **noodles** are coated in the **sauce**.

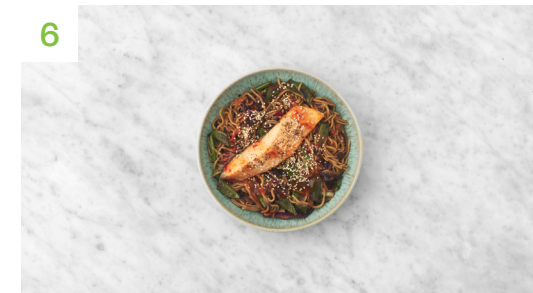


### Stir-Fry Time

While the **fish** and **noodles** cook, peel and grate the **garlic** (or use a garlic press). Slice the **sugar snap peas** in half lengthways.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sugar snaps** and stir-fry until tender, 3-4 mins.



### Serve Up

Share the **noodles** between your bowls and top with the **salmon**.

Drizzle the **sweet chilli** over the **salmon**, then finish by sprinkling the **sesame seeds** over everything.

### Enjoy!