

POACHED SALMON NOODLES



QUICK

Less than 15
mins prep
time

HEALTHY

Courgettes contain no
saturated fats or cholesterol.
It's peel is an excellent
source of dietary fibre

FAMILY



Feeds 5

MEALS

This dish contains all main food
groups so it is a complete meal.
Because each one is separate you
can make it to taste for each person

INGREDIENTS

- 5 salmon fillets
- 200g wholegrain noodles or 2 courgettes –spiralised
- 1/2 red chilli (optional)
- 3 x small handfuls of carrots, mange tout, spinach edamame, sweetcorn etc **per person**

Sauce ingredients

- 500 ml vegetable stock
- 3 tbs mirin
- 3 tbs soy sauce
- 1 tbs sesame oil

METHOD

- 1) Put your oven onto 190°C (Fan)
- 2) Spiralize your courgette and carrots or slice them and and/or cook your noodles till just tender
- 3) Remove seeds from the chilli and cut into semi circles
- 4) Wash your other vegetables
- 5) Either lay out individual dishes (or one large one)
- 6) Lay the noodles and/or courgetti on the base
- 7) Lay the vegetables on top
- 8) Add the salmon – season with salt and pepper
- 9) Make up the sauce by mixing all of the sauce ingredients together in a jug
- 10) Don't worry if it seems like a lot of liquid
- 11) Pour the sauce over the salmon, veg and noodles
- 12) Cover
- 13) Bake for 25 mins at 190°C
- 14) Eat and enjoy



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com