

YUZU SALMON STIR FRY



QUICK

About 5 mins
prep time

HEALTHY

Omega-3 can't be made in the body, so we need to eat foods containing it – like Salmon. Omega-3 helps keep the heart and blood vessels functioning effectively.

FAMILY



Feeds 5

MEALS

Serve with wholemeal
noodles

INGREDIENTS

- 5 salmon fillets
- 3 limes
- 4 tbs mirin
- 4 tbs soy
- 2.5 tbs yuzu
- Black sesame seeds
- 2 'layers' wholemeal noodles
- 5 large handfuls colourful veg – choose from a selection of:-
- Red cabbage, carrots, mange tout, sugar snap peas, Chinese leaf, broccoli, courgette, pepper, onion, greens, beansprouts, greens, spinach etc

METHOD

- 1) Heat the oven to 180°C (Fan)
- 2) Mix yuzu, soy sauce, lime juice and mirin in a measuring jug
- 3) Put the salmon fillets into an ovenproof dish
- 4) Pour the sauce over
- 5) Cook for 18 mins
- 6) Whilst the salmon is cooking, prep your veg and lay the table!
- 7) 5 mins before fish is ready, cook your noodles (according to instructions on packet)
- 8) 4 mins before the salmon is ready, heat the oil in a wok/large frying pan then stir fry your veg
- 9) Put drained noodles in a bowl, cover with stir fry veg, lay the salmon on top, pour over the sauce and sprinkle with black sesame seeds
- 10) 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