

SALMON RAMEN



QUICK

15 mins prep
time

HEALTHY

Eating a wide variety of vegetables increases the nutrient variety that you are consuming.

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
- 5 tbs miso paste
- 1 litre boiling water
- 200g ramen or wholegrain noodles or 2 courgettes – spirals
- 3 x small handfuls of vegetables PER PERSON e.g carrots, mange tout, pak choi, spinach, broccoli edamame, sweetcorn, enoki mushrooms
- 2 tbs sesame seeds

Sauce ingredients

- 50ml Chinese Rice Vinegar
- 1 tsp sweet chilli sauce
- 50ml soy sauce
- 1 tsp sesame oil
- 3 cm fresh ginger - minced
- 2 minced garlic cloves

Top Tip

This can also be made with
tofu, chicken thighs or breast

METHOD

- 1) Put your oven onto 180°C (Fan)
- 2) Make up the sauce by mixing all of the sauce ingredients together in a jug
- 3) Place salmon fillets in a large ovenproof dish and pour sauce over. Cover with foil and bake for 18-20 mins.
- 4) Cook your courgetti and/or noodles
- 5) Prep your veg by cutting into bite sized pieces
- 6) In a saucepan mix the miso paste and boiling water - keep on a low simmer
- 7) 3 minutes before the salmon is ready put the noodles/courgetti and all the vegetables into the soup and boil for 2 minutes till hot through
- 8) Pour the sauce from the salmon into the soup – taste – add S&P, squeeze of lime or extra soy if needed
- 9) Divide between the bowls
- 10) Lay a salmon fillet on top and sprinkle with sesame seeds
- 11) Serve 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