

SALMON TERIYAKI WITH SESAME MANGETOUT NOODLES

Quick and easy salmon recipe that packs a punch in flavour.



PREP TIME
20 MIN



COOK TIME
8 MIN



SERVINGS
4

Ingredients

- 4 salmon darnes
- 300g mangetout
- 300g cooked soba noodles
- 20g sesame seeds
- 80g [Blenders Teriyaki Sauce](#)
- 4 lime wedges
- Salt and pepper

Allergens

Contains Gluten, Fish, Soyabeans, Sesame

Method

1. Heat oil in a large frying pan. Season the darnes with salt and pepper. Panfry the salmon presentation side down for 3 minutes.
2. Flip over and coat the salmon with half of the [teriyaki sauce](#). Place in an oven at 180°C for 3 minutes.
3. Roast the sesame seeds on a tray for 3 minutes.
4. In a pan, cook the mangetout with 2 tablespoons of water for 2 minutes. Add the cooked noodles and the remaining teriyaki sauce. Heat for 2 minutes.
5. To serve, place one portion of the noodles on a plate and top with a salmon darne. Sprinkle with sesame seeds and garnish with a wedge of lime.

