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Salmon Teriyaki With Noodles



Ingredients

Olive oil
1 small red chilli
1 clove of garlic
A small chunk of fresh ginger
4 tablespoons of dark soy sauce
1 small lime
2 tablespoons of clear honey or maple syrup
2 salmon fillets, skin on
Dried egg noodles
Toasted sesame oil
A handful of sugar snap peas
A small bunch of spring onions
Sesame seeds

Preparation

1 There's a lot happening at once in this recipe, all in a short space of time, so it's really useful to have all the ingredients ready and waiting. Remember to warm the plates ready too.

2 1. Chop the chilli very finely, taking care to wash your hands really thoroughly afterwards if not using gloves. Peel the ginger and garlic and, again, chop very finely. Zest the lime, taking care not to include the bitter pith, and squeeze out the juice ready to use. Wash and chop the sugar snap peas into 2 or 3 pieces diagonally, and peel the spring onions and chop into pieces.

3 2. Heat a tablespoon of olive oil in a pan and gently cook the chilli, garlic and ginger for a couple of minutes, taking care not to burn them. Pour in the lime juice [just use half if the lime is big] and add the zest, drop in the soy sauce and stir in the honey or maple syrup. Cook gently, stirring constantly, for a few moments until the sauce reduces and thickens.

4 3. At the same time, brush a griddle pan with oil and heat. Place the salmon fillets on the griddle to pan fry for just 2 – 3 minutes on each side. Remember to cook them skin side down first, to protect the delicate flesh of the fish from too much heat.

5 4. Boil water in a separate pan ready for the egg noodles.

6 5. Turn off the heat under the sauce pan. Carefully place the cooked salmon fillets into the thickened sauce.

7 6. Cook enough egg noodles for 2 people according to the instructions

8 this should only take a few minutes. Meanwhile, quickly sauté the sugar snap peas and spring onions in a little sesame oil for 1 – 2 minutes, then stir them into the cooked

noodles.

9 7. Serve the salmon on heated plates or dishes, placed on a bed of noodles, and drizzle on any remaining sauce. Sprinkle on sesame seeds.

10 Variations:

11 Some recipes suggest that the fish is marinated in the sauce before cooking to develop the flavour.

12 If you don’t have honey or syrup, sometimes brown sugar is used instead. Or add rice vinegar in addition to the soy sauce and omit the lime juice and zest.

13 Instead of sugar snap peas and spring onions, try using baby leeks and sliced chilli stir fried in sesame oil and added to the noodles, or simply add chopped coriander and lime wedges served on the side.

Cooks Note

Serves: 2