

# GRENODE<sup>®</sup> EATS



## TERYAKI SALMON WITH TANGY VEGETABLE NOODLES

Macros (Per Serving - Serves 2)

636 Calories | 50g Carbs | 31g Fat | 37g Protein

### Method

1. To make the marinade, mix the ingredients together in a small bowl (remove 1/3 and set aside to serve later)
2. Add the salmon fillets to the bowl and coat with the marinade (ideally leave for a minimum of 30 minutes or in the fridge or even overnight)
3. Line a baking tray with greaseproof paper
4. Preheat the oven to 200°C (390°F)
5. Place the salmon onto the baking tray and pour over the marinade
6. Bake for around 15 minutes until the salmon is cooked and the marinade has gone sticky
7. Whilst the salmon is cooking, cook the noodles according to packet instruction
8. Chop the carrots, sugar snap peas and pepper and add to the noodles for the last 2 minutes
9. Drain the noodles and vegetables and return to the pan
10. Pour over the ingredients for the dressing and toss everything together then divide the noodles between two bowls
11. Remove the Salmon from the oven and serve on top of the noodles
12. Drizzle the left over marinade over the salmon and garnish with spring onions

### Ingredients

- 2 Salmon Fillets
- 2 Spring Onions - sliced

#### For the marinade:

- 1 small nob of Ginger finely - grated
- 2 Garlic Cloves - grated
- 2 tbsp Soy Sauce
- 1 tbsp Honey
- 1 tbsp Rice Wine Vinegar (or White Wine Vinegar)
- 1 tbsp Olive Oil

#### For the noodles:

- 200g Egg Noodles
- 1 large Carrot - thinly sliced
- 100g Sugar Snap Peas - sliced length ways
- 1 Red Pepper finely sliced

#### For the dressing:

- 1 small nob of Ginger - grated
- 1 tbs Sesame Oil
- 1 tbs Rice Wine Vinegar
- 1 tbs Soy Sauce
- ½ Lemon - juice

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