

SALMON CHILLI NOODLES

Prep: 10 mins

Cooking: 10-15 mins



Ingredients:

- 2 peppers, deseeded and finely chopped
- ½ a bunch of spring onions
- 225 of medium egg noodles
- 1 ½ tablespoon of vegetable oil
- 1 teaspoon of garlic puree
- 1 teaspoon of chilli powder
- 1 teaspoon of ground ginger
- 100g of whole green beans
- 3-4 salmon fillets, cut into bite size chunks
- 1 tablespoon of low salt soy sauce

Equipment:

Saucepan, frying pan/wok, mixing spoon, tablespoon, teaspoon, green and blue chopping board, knife, colander, weighing scales

Method:

1. Cut the peppers into strips. Cut the spring onions into thirds and slice lengthways.
2. In a saucepan of water bring the noodles to the boil and simmer for 4-6 minutes.
3. Heat the oil in a frying pan and add the garlic, chilli and ginger.
4. Add the green beans and cook for 2-3 minutes.
5. Add the peppers and spring onions and cook for a further minute.
6. Add the salmon pieces and cook for 5 minutes then add the soy sauce.
7. Drain the noodles and stir into the vegetables.



TIP

This works well with a range of vegetables, try your own combinations

TIP

For a vegetarian option, replace the egg noodles for rice noodles and salmon with tofu