

TERIYAKI SALMON AND UDON NOODLES



 Serves 2



INGREDIENTS

- 125 g pouch **Wattie's Wok Creations Teriyaki Stir Fry Sauce**
- 1 tsp minced ginger
- 1 Tbsp sherry
- 2 thick salmon fillets, pin bones removed
- 450 g pack **Wattie's Frozen SteamFresh broccoli, carrots and sugarsnap peas**
- 2 spring onions, sliced diagonally

METHOD

1. Combine 1/2 pouch **Wattie's Wok Creations Teriyaki Stir Fry Sauce** with minced ginger and sherry, rub into salmon and marinate for 15 minutes. Drain and cook under a preheated 220° C fan-grill for 6-8 minutes until golden and just cooked.

- 200 g pack long-life Japanese udon noodles
 - 1-2 Tbsp lime juice or sherry
 - 1 Tbsp chopped fresh mint
2. Microwave 2 x 150g steamer bags **Wattie's Frozen SteamFresh Broccoli, Carrots and Sugarsnap Peas** for 2 1/2 minutes until cooked.
 3. Heat a wok or non-stick frying-pan with a dash of oil, quickly stir-fry ginger and spring onions for 1-2 minutes. Stir in udon noodles and remaining **Wattie's Wok Creations Teriyaki Stir Fry Sauce** with the lime juice or sherry and hot steamer packs of broccoli, carrots and sugarsnap peas. Toss well until hot, stir through mint.
 4. Serve immediately with salmon.