

Flaked salmon with ginger, lime, chilli & noodles

(Serves 2)

Ingredients

- 2 tbsps Oil, Olive, napolini
- 1 Lime, zest & juice
- 20g Ginger, fresh, finely chopped
- 1 Garlic Clove, crushed
- 1 Chilli, fresh red, deseeded & chopped
- pinch Cayenne pepper
- 160g Salmon fillets
- 100g Noodles, medium or fine, egg, dried (Sharwoods)
- 160g Broccoli, small florets
- 2 Pepper, red, deseeded & chopped
- 1/2 Lime, juice only

Preparation

1. Mix oil, lime zest & juice from 1 lime, ginger, garlic, chilli & cayenne pepper in a dish.
2. Lay salmon fillets in the marinade & coat.
3. Cover & leave in fridge to marinate for approx 2 hours.
4. Heat a non-stick frying pan or wok on hob.
5. Take fish out of marinade & keep remaining marinade to one side.
6. Fry fish on a medium heat for approx 4 minutes each side. Remove & set aside.
7. Bring a small pan of water to boil.
8. Cook noodles in boiling water according to packet instructions then drain & set aside.
9. Whilst noodles cooking, heat remaining marinade.
10. Stir fry broccoli & red pepper for 2-3 minutes.
11. Remove skin from salmon & flake 160g salmon into stir fry.
12. Stir noodles into stir fry & heat through.
13. Stir in the juice of 1/2 lime & serve.

TOP TIP: Cooking the salmon doesn't require any further oil as there is plenty in the marinade. It is easier to cook the full salmon fillets & then weigh 160g once flaked rather than trying to get the right weight before cooking.

NUTRITIONAL VALUES

PER SERVING

Calories 586

Total Sugars 10.43g

Total Fats 27.58g

Saturated Fats 4.25g

Salt 0.59g

Fruit & Veg 3