

RECIPE BAG  
**7352**

**L** 2 people: 15 min  
4 people: 20 min

## Speedy Teriyaki Salmon Noodles



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our kitchen bangers

Ingredients for 2 [**Double for 4 people**]:



1 red chilli



2 wholewheat  
noodle nests **A1**



80g sugar  
snap peas



80g Tenderstem  
broccoli



25g honey



30ml soy sauce  
**A1, A6**



15ml mirin



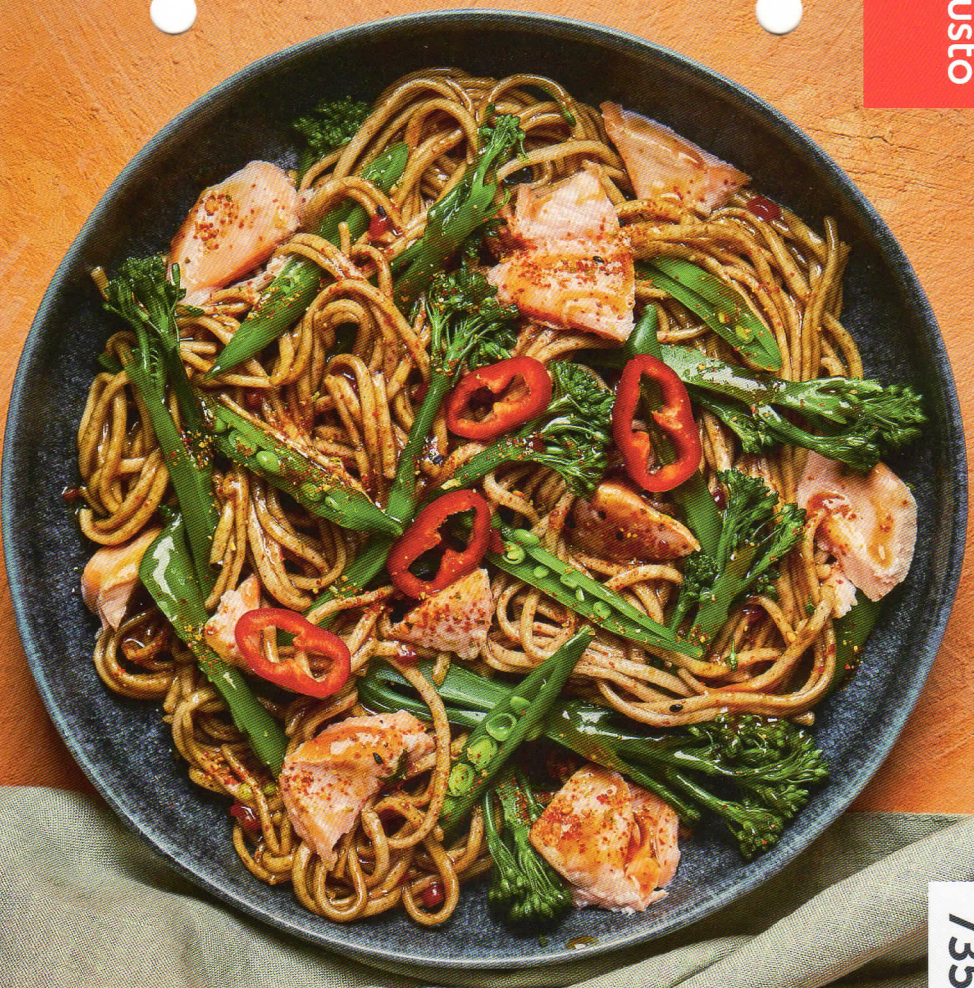
3g cornflour



2g shichimi  
togarashi



100g salmon flakes  
**A4**



Find nutritional info on our website via  
'My Gousto' or the Cookbook tab in our app.



1 of your 5-a-day



Dairy-free  
See our FAQs for details.

Allergens: **A1:** gluten, **A4:** fish, **A6:** soya

You need: vegetable oil  
Special equipment: none

Remember to wash your fresh fruit, herbs and vegetables!  
See your delivery email for use-by dates and other details.





1

# Instructions for 2 [for 4]

Boil a kettle

Cut the **sugar snap peas** and **Tenderstem broccoli** in half lengthways

Slice **half of the red chilli[es]** finely into rounds

Chop the **remaining red chilli** in half lengthways, deseed and chop finely



2

Add the **wholewheat noodles** to a pot and cover them with **boiled water** until fully submerged

Bring to the boil over a high heat and cook for 5-7 min until tender with a slight bite, then drain reserving a cup of **starchy noodle water** and return them to the pot until serving



3

Dissolve the **cornflour** in a small bowl with 3 tbsp **[5 tbsp] cold water**

Stir in the **soy sauce, mirin and honey** – this is your **teriyaki sauce**



4

Heat a large, wide-based pan (preferably non-stick) with a drizzle of **vegetable oil** over a medium-high heat

Once hot, add the **chopped chilli** (save the rounds for later!) and **half of the shichimi togarashi** (can't handle the heat? Go easy!)

Cook for 1-2 min or until fragrant



5

Once fragrant, add the **sliced sugar snap peas** and **Tenderstem broccoli** and cook for 2-3 min further



6

Add the **salmon flakes** to the pan along with the **teriyaki sauce** and cook for 1-2 min or until the sauce has thickened a little



7

Stir in the **drained wholewheat noodles** – these are your **teriyaki salmon noodles**

Tip: Add a splash of the starchy noodle water if your sauce is looking a little dry!



8

Serve the **teriyaki salmon noodles** topped with the **chilli rounds** (not a fan of spice? Just add a couple!) and the **remaining shichimi togarashi**

Enjoy!