

Salmon and Chilli Noodles



Prep time: 10 minutes Cooking time: 15-20 minutes

Ingredients

225g / 8oz medium egg noodles

1½ tablespoons vegetable oil

1 teaspoon garlic puree

1 teaspoon chilli powder

1 teaspoon ground ginger

84g / 3oz whole green beans

½ each, red, yellow and green peppers

½ bunch spring onions

168g / 6 oz salmon pieces or 3-4 salmon fillets, cut into bite size chunks

1 tablespoon low salt soy sauce



Method.

- Cut the peppers in half and remove the seeds. Cut the piece across the middle and slice lengthways. Trim spring onions, cut into thirds and slice lengthways
- Put on a saucepan of water on to boil for the noodles. Boil noodles according to instructions on packet
- Heat 1 tablespoon of the oil and add the garlic, chilli and ginger
- Add the green beans and cook for 2-3 minutes
- Add peppers and spring onions and cook for a further minute
- Add salmon pieces and cook for approx 5 minutes. Add soy sauce
- Drain noodles and stir into vegetables



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