

Salmon with Chilli and Tomato Sauce



Serves
2 people

Prep Time

Cooking

Total Time

Calories

461 kcal

Stuff that's in it:

- 1 Tsp Oil
- 2 Salmon Fillets
- 2 Medium Egg Noodle Nests
- 70G Red Onion (Chopped)
- 1 Small Fresh Red Chilli (Chopped)
 - 5Ml Apple Cider Vinegar
 - 15Ml Dark Soy Sauce
- 60G Small Tomatoes ((Cherry Or Plum))
 - 30G Tomato Sauce
 - 15G Light Brown Sugar
- 5G Cornflour ((Made Into A Slurry With A Dash Of Water))
 - 150Ml Water

What you do:

Cook your noodles as per packet instruction

And Start your sauce by adding the oil to a fry pan, heat and add the chilli, tomatoes and onion, gently fry for a few minutes, then add the Apple cider vinegar and cook for 1 minute, add the brown sugar and tomato

sauce, heat until dissolved and reduced

Add the water and heat through, then add the slurry of corn flour, stir, allow to go thick bring to a bubble, then remove from the Heat and let cool slightly

Add to a food Processor and make smooth or eat straight away as it is.

Meanwhile, cook your salmon 5/6 minutes each side in a small pan, serve on the noodles and pour the sauce all over.

Nutrition

- Carbs: 37g
- Fat: 18g
- Protein: 37g

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