

## Salmon with Chilli & Tomato



Serves	Prep Time	Cooking	Total Time	Calories
<b>2 people</b>	<b>5 minutes</b>	<b>25 minutes</b>	<b>30 minutes</b>	<b>460 kcal</b>

### Stuff that's in it:

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

### What you do:

Cook your noodles as per packet instruction

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, soy 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 blend until smooth or eat straight away as it is

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

### **Nutrition**

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

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