

Salmon with Chilli & Tomato



Serves	Prep Time	Cooking	Total Time	Calories
2 people	5 minutes	25 minutes	30 minutes	460 kcal

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

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com