



ROYAL  
VOLUNTARY  
SERVICE

# STICKY SALMON NOODLES

*by Alison Crouch*

## Ingredients

### For the salmon

- 1 tbsp oil
- 1 fillet of salmon
- 1 tsp sriracha chilli sauce or 1 tbsp soya sauce
- 1 teaspoon runny honey
- 1 tsp stem ginger syrup (optional)

### For the noodles

- 2 florets broccoli
- ½ carrot thinly sliced
- 1 tbsp sunflower oil
- ¼ courgette, strips
- ¼ red pepper, slice
- 1cm piece of stem ginger, diced
- 1 spring onions
- 1 mushroom, sliced or 1 tin of shiitake mushrooms



- 1 tablespoon oyster sauce
- 1 lemon, juice
- 75g straight to wok noodles

## Garnish

- 2 tsp sesame oil
- 1 tsp sesame seeds

## Method

1. Heat the wok and drizzle in 1 tablespoon of oil, add the salmon fillets, skin-side down and cook for 5 minutes covered with a cartouche (parchment-paper lining).
2. Remove the paper. Add the sriracha, honey, ginger syrup and the juice of half the lemon, then mix well in the wok to make a glaze.
3. Pour over the salmon, turning to coat, then cook with the lid off for a further 2 to 3 minutes, or until glazed and just cooked through. Place on a plate covered with the cartouche paper to keep warm.



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4. Chop the broccoli into chunks and stir fry in the oil with the carrot, courgette and pepper. Add the ginger and spring onion. Add the mushrooms. Stir fry for 2 minutes. Add the noodles.
5. Stir in the oyster sauce and squeeze over the juice from the other half of the lemon. Serve topped with the salmon.
6. Drizzle with sesame oil and scatter with the sesame seeds.

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