SALMON & VEGETABLES WITH NOODLES

Oily fish main dish: **This recipe provides a portion of starchy food and a portion of fish. It counts towards the standards to: provide a portion of starchy food every day; to provide a portion of meat, fish, eggs, beans or other non-dairy sources of protein each day; provide a portion of oily fish once or more every three weeks.**

Recipe adapted from: Tony Mulgrew – School Chef at Ravenscliffe High School

Ingredients

15ml (1 tbsp) vegetable oil
75g white onion, peeled and sliced
150g red onion, peeled, sliced
1 tbsp chopped fresh root ginger
4g (1 clove) garlic, peeled and chopped
80g red pepper, deseeded, cut into strips
80g yellow pepper, deseeded, cut into strips
30g Choi Sum, shredded (or other Chinese greens)
200g dried egg noodles
240g salmon steak
30ml (2 tbsp) reduced salt soy sauce
15ml (1 tbsp) sesame oil

Method

1. Cover dried noodles with boiling water and leave to stand for 10mins drain before using.

2. Steam or grill salmon for 6-8 mins depending on thickness and size.

3. Heat the oil in a pan and gently fry the onion, ginger and garlic for 3-4 minutes, or until softened. Stir in the peppers and cook for a further 2-3 minutes, then add the Choi Sum, soy sauce and sesame oil. Stir well and cook for a further 2-3 minutes, or until the Choi Sum is wilted.

4. Add the drained noodles and stir fry for two minutes.

5. Spoon the stir-fry into a bowl and place the salmon on top and serve.

   Serving suggestion: serve in a bowl, or grab and go pot.

Number of portions this recipe makes:
4 primary servings (285g)
3 secondary servings (375g)

Prep: 10 minutes
Cook: 15 minutes

Allergy information:
Egg, fish, sesame, soya, wheat (gluten)

Top Tips

Choose soy sauce with less than 2.0g salt per 100g.

Government Buying Standards for Food & Catering Services
Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose oils based on unsaturated fats.

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