



GINGER-LIME SALMON

with Wonton Noodle Salad

MAKE
FIRST

PRONTO



HELLO

WONTON NOODLES

When cooked perfectly, these thin noodles have a perfect springy texture!

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 596



Salmon Fillets, skinless



Wonton Noodle



Lime



Broccoli, florets



Mirin-Soy Blend



Ginger



Green Onions



Thai Basil

BUST OUT

- Aluminum Foil
- Baking Sheet
- Large Non-Stick Pan
- Measuring Cups
- Medium Pot
- Peeler
- Paper Towel
- Zester
- Strainer
- Butter **2**
(1 tbsp | 2 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Salmon Fillets, skinless **0** 227 g | 454 g
- Wonton Noodle **1,3** 170 g | 340 g
- Lime 1 | 2
- Broccoli, florets 227 g | 454 g
- Mirin-Soy Blend **1,4** ¼ cup | ½ cup
- Ginger 30 g | 60 g
- Green Onions 2 | 4
- Thai Basil 10 g | 20 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 70°C/158°F.



START STRONG

Preheat your oven to **325°F** (to bake the fish). Start prepping when your oven comes up to temperature!



1 PREP

Wash and dry all produce.* Bring a medium pot of **water** to a boil. Using a vegetable peeler, peel rind off **lime(s)**. Juice **half the lime** (1 lime for 4 ppl), then cut the remaining lime into wedges. Peel, then cut **half the ginger** into 1/8-inch slices (1 knob for 4 ppl). Zest or grate the **remaining ginger**. Thinly slice the **green onions**.



4 COOK NOODLES

Meanwhile, add the **noodles** to the **boiling water** and cook until tender, 1-2 min. Drain and briefly rinse the noodles under cold running water. Set aside.



2 PREP PACKETS

Pat **salmon** dry with paper towels, then season both sides with **salt** and **pepper**. Cut **two** 12" X 8" rectangles of **foil** (4 rectangles for 4 ppl). Divide **lime rinds** and **ginger slices** between foil squares. Top with salmon and **½ tbsp butter** on each fillet. Fold each foil in half over the salmon and crimp edges to seal packets. Arrange the packets on a baking sheet.



3 BAKE SALMON

Bake the **salmon packets** in the centre of the oven until the salmon is cooked through, 11-14 min. (**TIP:** Cook to a minimum internal temp of 70°C/158°F.**) (**NOTE:** When the packets are done, remove from the oven and set aside to rest, 5 min.)



5 COOK BROCCOLI

Heat a large-non stick pan over over medium heat. Add a drizzle of **oil**, then the **broccoli**. Cook, stirring, until tender-crisp, 5-6 min. Add the **minced ginger** and cook, until fragrant, 1-2 min. Add the **noodles, mirin-soy blend** and **½ cup water** (double for 4 ppl). Cook, gently stirring everything together, until the sauce has reduced and noodles are coated, 2-3 min.



6 FINISH AND SERVE

Remove pan from heat. Stir in **green onions** and **2 tsp lime juice** (double for 4 ppl). Divide **noodles** between bowls. Top with **salmon** and tear over **basil leaves**. Drizzle **remaining butter sauce** from foil packets over salmon.

DELIGHTFUL!

Simple ingredients create impressive flavours!