

Salmon with soy and noodle stir fry

By Sue Lawrence

BBC
RADIO



Ingredients

- 1 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- 1 tbsp olive oil
- 2 salmon fillets, skinned
- Egg noodles
- 3 Baby leeks
- 1 Red chilli
- ½ Pepper, any colour you prefer
- 2 or 3 Spring onions
- 1 tbsp Chilli oil
- 1 tbsp Oyster sauce
- Handful coriander, chopped



Prep Time: 15 mins

Cooking Time: 10 mins

Serves: 2

Method

For the Salmon

1. Heat oven to 220C / 425F / Gas 7 and heat a baking tray on the top half of oven.
2. Mix the soy sauce, Worcestershire sauce and olive oil in a shallow dish then add the salmon, turning to coat. Leave for 15 minutes, or just until the oven has reached full temperature.
3. Remove the salmon, draining off (but retaining) most of the marinade and place on the warmed baking tray. Put in oven for 5 minutes. Remove from oven and slowly pour over the remaining marinade then return to the oven for a further 3 – 5 minutes until the salmon is just cooked

For the stir fry

1. Fry the leeks, chilli, pepper in a little sunflower until soft then add the spring onion.
2. Cook and drain the noodles then add the chilli oil and a little soy sauce. Toss together then add to vegetable stir fry. Add the oyster sauce, mix well and taste.
3. Add the chopped coriander then serve on warm plates with the salmon placed on top and sticky sauce poured over.