



GOOD FOR YOUR BRAIN!

MARINATED TERIYAKI SALMON WITH WHOLEMEAL NOODLES

4 pieces of fresh salmon
1 bottle of Teriyaki sauce
1 clove garlic
fresh coriander
1 medium onion
Juice of 1 lime
olive oil
Garnish: scallion and red bell pepper



Put your salmon into a deep dish then add teriyaki sauce, chopped onion, garlic, coriander and lime juice. Leave in the fridge to marinate for at least 1 hour before cooking.

Noodles have to be cooked in a large pot of water with a drop of olive oil for about 10 minutes.

Put the salmon in a very hot frying pan with some olive oil
Cook the salmon on both sides for about 1 minute then add your marinade to finish cooking for 6 minutes then add chopped scallions and bell peppers to give some colour to your dish.

Place your noodles in the centre of the plate then put your piece of salmon on the top and finish by pouring some sauce and garnish over the whole dish.

