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 10 mins, 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 mins, or until softened. Stir in the peppers and cook for a further 2-3 mins, then add the Choi Sum, soy sauce and sesame oil. Stir well and cook for a further 2-3 mins, 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.