

# PARK COMMUNITY SCHOOL

# TERIYAKI SESAME SALMON

## WITH MANGO & CHILLI GLASS NOODLE SALAD & THAI-STYLE DRESSING

MAKES 10 PORTIONS | £1.27 PER PORTION

## INGREDIENTS

650g salmon fillet

### TERIYAKI GLAZE

2 cloves of garlic

1 thumb-size piece of ginger

1 tablespoon reduced-salt soy sauce

1 tablespoon runny honey

2 tablespoons sesame seeds

### MANGO & CHILLI

#### GLASS NOODLE SALAD

400g glass noodles

2 carrots

2 red chillies

2 red onions

1 pak choi

1 mango

1/2 bunch coriander

300g bean sprouts

### THAI-STYLE DRESSING

2 limes

1 tablespoon fish sauce

1 tablespoon runny honey

3 tablespoons rice vinegar

1 red chilli

1 clove garlic

3 tablespoons sesame oil

## METHOD

1. Soak the glass noodles in boiling water and allow to swell. Once ready, cool in cold water to prevent from overcooking.

2. To make the teriyaki glaze, finely chop your garlic and ginger and work into a purée. Add the purée to a saucepan along with the soy sauce and honey. Heat on the stove and reduce by one third, then leave to one side.

3. To make the Thai-style dressing, add to a mixing bowl the juice of the limes, fish sauce, honey, rice vinegar, chopped red chilli and sliced garlic then whisk in the sesame oil and leave to the side to mix with the salad later.

4. Peel and cut the carrots into matchsticks, slice the red chillies and red onions, chop the pak choi, slice the mango into long strips and add with the chopped coriander and bean sprouts to a large bowl.

5. Prepare the salmon fillets into 65g portions, making sure to remove all pin bones (elongate the cut by slicing at a sharp angle). Lay the sliced fillets onto a parchment-covered tray.

6. Brush the cooled teriyaki glaze onto the trayed salmon and sprinkle with sesame seeds. Cook in a preheated oven at 200°C for 6 minutes, then remove and allow to rest.

7. Finish the salad by mixing the cooled noodles, vegetables, herbs and Thai-style dressing.

8. Arrange the noodle salad onto a plate and top with the salmon.