



asian-style baked salmon with stir-fry noodles

NIBBLEDISH CONTRIBUTOR

Ingredients

- salmon fillets
- kikkoman
- grated garlic
- grated ginger
- honey
- mirin
- pepper
- soy sauce
- peanut butter
- distilled vinegar
- mirin
- sesame oil
- honey
- canola oil
- black pepper
- grated ginger
- grated garlic
- onion
- whole wheat spaghettini
- red bell pepper/green bell pepper
- carrots
- toasted sesame seeds

Instructions

Asian-style Salmon Marinade:

- kikkoman
- grated garlic
- grated ginger
- honey
- mirin
- pepper

Marinate the salmon fillets for atleast 3 hours and broil at 400dF until flesh is firm, juices run clear and outside is golden.

Peanut-Sesame Veggie Noodle Stir-Fry

1. In a bowl, whisk together:
1/3 C soy sauce + 1/4 C creamy peanut butter + 1/8 C distilled vinegar + 1/8 C mirin + 4 T sesame oil + 1 T honey + 2 T canola oil (adjust ingredients according to taste) + ground pepper
2. Heat the wok. Add 4 T olive oil. Saute 1 clove garlic(minced), 1 t ginger (grated) and 1 medium onion(slivered). (Meanwhile, cook 1/2 lb spaghettini noodles in salted boiling water until just tender.)
3. Add 1/2 red pepper (thinly sliced), 1/2 green pepper (thinly sliced) and 1 C of julienned carrots. Cook for 1 min. (You may go ahead and use any vegetables you like) As the heat from the wok is intense, this process will be quick. So don't start doing anything else.
4. Quickly add the cooked spaghettini to the wok and pour over the sauce. Toss it in the wok for a good 1 min. Immediately transfer onto the serving dish.
5. Garnish with toasted sesame seeds