

salmon teriyaki with bell peppers (konjac noodles)

SERVES 1 • READY IN 20 MINUTES OR LESS

PHASE 1



Ingredients:

- 1 portion salmon
- ½ bell pepper deseeded and sliced into 1cm thick slices
- 2 tbsp IP Sesame Sauce
- 1 tsp ginger, finely grated
- 1 clove garlic, minced
- 1 tbsp lime juice
- zest of 1 lime
- 1 cup konjac noodles prepared according to package directions (fettuccini or angel hair variety)

Preheat oven to 400F and line a tray with aluminum foil.

In a bowl, toss sesame sauce with salmon and pepper carefully in a bowl. Place on aluminum foil and bring up the sides of the aluminum foil to cover the salmon. Create a seal on the aluminum foil by folding the edges of the sides on each other. Bake for 12-15 minutes or until internal temperature reaches 140F at the thickest part of the salmon.

Carefully open the aluminum foil pack and drain the juices into a saucepan.

Set the oven to broil and return the salmon to the oven. Broil for 2-3 minutes or until the top is slightly caramelized.

Meanwhile, bring the saucepan with the salmon juices up to a simmer and add the ginger, garlic, lime juice and lime zest. Simmer for 1 minute. Stir in konjac noodles. Plate.

Remove salmon from oven and put on top of konjac noodles.