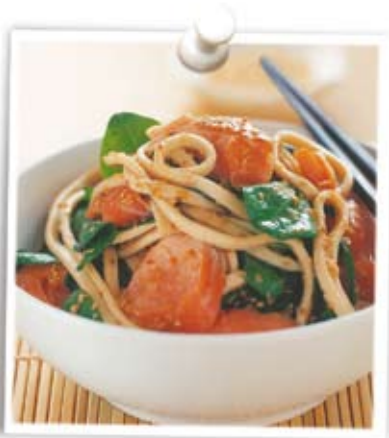


# Yakitori Tasmanian Atlantic Salmon with Udon Noodles



Tasmanian Atlantic Salmon is the standout amongst Superfoods. It's rich in Omega 3s and other essential nutrients for healthy hearts, active minds and youthful looks. Fast and easy to prepare, feel super by enjoying it twice a week. Tasmanian Atlantic Salmon is super-easy Superfood.

Serves 4



Prep in 8mins,  
cook in 15



Approx \$4.50  
a serve

- ✓ 450gms Tasmanian Atlantic Salmon fillets
- ✓ 400gms fresh Udon or Hokkien noodles
- ✓ 2 cups of washed baby spinach
- ✓ 1 Tablespoon light olive oil
- ✓ 1/4 cup mirin or sherry
- ✓ 1/4 cup soy sauce
- ✓ 2 teaspoons sesame oil
- ✓ 1 teaspoon grated ginger
- ✓ 3 teaspoons sesame seeds, toasted

Preheat the oven to 220°C. Combine mirin, soy, sesame oil and ginger and brush over salmon. Bake in paper-lined dish for 8-10mins, until opaque. Break salmon into chunks. Stir-fry noodles in a hot wok, adding sesame seeds and remaining marinade. Cook for 2mins and add spinach and salmon. Serve as spinach wilts.

*Super-Easy Superfood*

For more information visit [tasmaniansalmon.com.au](http://tasmaniansalmon.com.au)



Tasmanian  
Atlantic  
Salmon