

Recipe Name: Broccoli Chilli Noodles With Grilled Salmon Recipe

Diet Type:

Course: Lunch

Cuisine: Fusion

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 400 grams Salmon fillet - (indian Salmon works fine)	4
• 1 teaspoon Sesame (Gingelly) Oil	
• 1 teaspoon Rice Wine Vinegar	
• 1/2 teaspoon Fish sauce	
• 1/4 teaspoon Lemongrass	
• 1/2 teaspoon Ginger - ground	
• 1/2 teaspoon Garlic - ground	
• 1/2 teaspoon Red Chilli flakes	
• 1/4 teaspoon Lemon zest	
• 1/4 teaspoon Whole Black Peppercorns - freshly ground	
• 1 cup Egg noodles - boiled	
• 1 teaspoon Sesame (Gingelly) Oil	
• 1 teaspoon Red Chilli flakes	
• 1 teaspoon Garlic - ground	
• 1 teaspoon Ginger - ground	
• 1 teaspoon Soy sauce	
• 1/2 teaspoon Vinegar	
• Salt - to taste	
• 1 cup Broccoli - chopped into small florets	
• 1 teaspoon Extra Virgin Olive Oil	
• Salt - to taste	
• 1 teaspoon Whole Black Peppercorns - freshly ground	

Preparation

- To begin making the Broccoli Chilli Noodles With Grilled Salmon recipe, mix together all the ingredients for broccoli and grill in a preheated oven at 180 C for 15 minutes.
- You can also stir fry the broccoli in a wok/kadhai at high heat till it is nicely browned.



- Mix all the salmon ingredients i.
- e sesame oil, fish sauce, rice wine vinegar and all the spices in a small bowl.
- Whisk well and keep aside.
- Keep the salmon fillets in a foil and pour the spice mixture over salmon.
- Close the foils from all four sides sealing the salmon fully.
- Grill in a preheated oven at 180 C for 10 to 12 minutes.
- Open and broil for 2-3 minutes till slightly caramelized.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	35	45	20	8	5

