

Chilli Glazed Salmon Noodles

Supply Chain



Dish Description / Methods:

1. Defrost the salmon in the fridge overnight. De-seed and finely chop the red chillies. Wash and cut the spring onions into 1cm slices on an angle. Cut the baby corn into quarters.
2. Place the salmon into a mixing bowl and cover with half of the sweet chilli sauce and 10gm the chopped chillies. Cover and then place in a fridge. Marinade for between 2 and 4 hours.
3. Preheat the oven to 170°C
4. Remove the salmon from the mixing bowl and place onto a baking tray.
5. Bake the salmon in the oven for approx. 6 minutes until the core temperature has been reached (ENG 75°C).
6. Cook the noodles as per manufacturer's instructions.
7. Heat the oil in a Wok, fry all the vegetables and rest of the chilli then add the remaining sauce.
8. Bring the sauce and vegetables to a simmer and then stir through the cooked noodles.
9. Serve the salmon on a bed of the vegetables, chilli sauce and noodles.

Allergens:

Gluten, Egg, Fish

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included.

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Ingredients

Supplier	Supplier Code	Commodity	Unit Weight	Unit Measurement	Quantity Used (10 Portions)
Bidfood MTD	7389	MANGE TOUT TOPPED and TAILED	1500	Grams	300
Bidfood MTD	75350	BB - BABY SWEETCORN	960	Grams	200
Bidfood MTD	4742	EVERYDAY FAVOURITES SWEET CHILLI SAUCE	10000	ml	700
Bidfood MTD	3444	EVDAY FAV EXTENDED LIFE VEGETABLE OIL - TIN	20000	ml	30
Bidfood MTD	509	KNORR EGG NOODLES	3000	Grams	600
Bidfood MTD	75131	RED CHILLIS	4500	Grams	20
Bidfood MTD	61253	PIER 7 RAW SCOTTISH SALMON PORTIONS SKINLESS 140-170G	20	Each	10
Bidfood MTD	75634	BB - SPRING ONION TRIMMED	1	Bunch	0.25
Bidfood MTD	74963	MIXED PEPPERS 70-90MM	30	Each	2

Nutrition per portion (365g):

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	749.7	80.7	35.5	27.8	4.9	43.7	5.2	4.2
%RNI	37%	31%	39%	40%	24%	87%	17%	70%

Quality statement: The details in this document are accurate at the time of production on 28 January 2021. Products may change over time and updates can be found on our website at www.supplychain.nhs.uk/categories/food Please do check the latest issue of your supplier's technical information and labelling on products to confirm these details, for example allergens.

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