

# Seared Salmon & Soy Vermicelli Noodles

with English Peas

**PREP TIME:** 15 minutes

**COOK TIME:** 15-25 minutes

**SERVINGS:** 4

Tonight's recipe is our take on bihun goreng, a popular Indonesian and Malaysian dish of thin rice noodles tossed with vegetables in a soy-based sauce. We're putting a seasonal spin on it with fresh corn and sweet English peas, sautéed with traditional aromatics like garlic and ginger. It all makes for a delicious base for our satisfying seared salmon.



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Light & Fresh

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## Ingredients



4  
SKIN-ON SALMON  
FILLETS



1/2 lb  
VERMICELLI RICE  
NOODLES



6 oz  
ENGLISH PEAS



1 bunch  
CILANTRO



2 cloves  
GARLIC



2  
SCALLIONS



1 ear of  
CORN

## KNICK KNACKS:



2 Tbsp  
RICE VINEGAR



1 1-inch piece  
GINGER



1/4 cup  
HOISIN SAUCE



2 Tbsp  
SESAME OIL



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## 1 Prepare the ingredients:

- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and roughly chop the garlic.
- ☐ Peel and finely chop the ginger.
- ☐ Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- ☐ Remove and discard the corn husks and silks. Cut the corn kernels off the cob; discard the cob.
- ☐ Shell the peas.
- ☐ Roughly chop the cilantro leaves and stems.



## 2 Cook the vegetables:

- ☐ In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **garlic, ginger, white bottoms of the scallions, corn, and peas**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and slightly softened.
- ☐ Season with salt and pepper to taste. Transfer to a bowl; set aside in a warm place. Wipe out the pan.



## 3 Cook the salmon:

- ☐ Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the seasoned fillets, skinless side down. Cook 4 to 5 minutes on the first side, or until lightly browned.
- ☐ Flip and cook 1 to 2 minutes, or until lightly browned and cooked to your desired degree of doneness. Turn off the heat.



## 4 Cook & dress the noodles:

- ☐ While the salmon cooks, add the **noodles** to the pot of boiling water. Cook 3 to 4 minutes, or until tender.
- ☐ Turn off the heat. Drain thoroughly and return to the pot.
- ☐ Add the **hoisin sauce, sesame oil, vinegar**, and a drizzle of olive oil; stir to combine. Season with salt and pepper to taste.



## 5 Finish the noodles & serve your dish:

- ☐ To the pot of **dressed noodles**, add the **cooked vegetables**; stir to combine. Season with salt and pepper to taste.
- ☐ Divide the finished noodles among 4 dishes. Top with the **cooked salmon fillets**. Garnish with the **cilantro** and **green tops of the scallions**. Enjoy!