

Miso-Butter Salmon & Lo Mein Noodles

with Cucumber & Cherry Tomatoes

TIME: 25-35 minutes

SERVINGS: 4

Our seared salmon and noodle salad are livened up with an umami-packed sauce, made simply with sweet white miso and mirin (a sweetened Japanese rice wine). Springy fresh lo mein noodles mingle deliciously with crisp cucumber, scallions, and cherry tomatoes (yours may be yellow or red). A garnish of fresh cilantro rounds out the dish on an herbaceous note.



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Light & Fresh

Serve a bottle with this symbol for a great pairing.



Ingredients



4
SKIN-ON SALMON
FILLETS



1 lb
FRESH LO MEIN
NOODLES



2
SCALLIONS



2 Tbsp
MIRIN



2 Tbsp
SESAME OIL



1/4 cup
SWEET WHITE
MISO PASTE



6 oz
CHERRY
TOMATOES



1
CUCUMBER



1 large bunch
CILANTRO



1 1/2 Tbsp
SOY SAUCE



1 Tbsp
RICE VINEGAR



2 Tbsp
BUTTER



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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 the cucumber, leaving alternating strips of skin intact. Halve lengthwise; using a spoon, scoop out and discard the seeds. Thinly slice the cucumber crosswise. Place in a large bowl.
- ☐ Cut off and discard the root ends of the scallions; thinly slice on an angle.
- ☐ Halve the tomatoes.
- ☐ Roughly chop the cilantro leaves and stems.

2 Make the miso sauce:

- ☐ In a bowl, whisk together the **miso paste**, **mirin**, and **3 tablespoons of warm water** until smooth.



3 Dress the vegetables:

- ☐ Add the **scallions**, **tomatoes**, **sesame oil**, **vinegar**, **soy sauce**, and **half the miso sauce** to the bowl of **cucumber**. Season with salt and pepper. Stir to thoroughly combine.

4 Cook the noodles:

- ☐ To the pot of boiling water, add the **noodles** (carefully separating with your hands before adding). Cook, stirring occasionally, 2 to 3 minutes, or until tender.
- ☐ Drain thoroughly and rinse under cool water for 30 seconds to 1 minute to prevent sticking and stop the cooking process.



5 Finish the noodles:

- ☐ Transfer the **cooked noodles** to the bowl of **dressed vegetables**. Toss to combine; season with salt and pepper to taste. Divide among 4 bowls.



6 Cook the salmon & serve your dish:

- ☐ Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the seasoned salmon fillets, skin side down, and cook 4 to 5 minutes on the first side, or until browned.
- ☐ Flip and add the **butter** and **remaining miso sauce**. Cook, occasionally spooning the sauce over the salmon, 1 to 2 minutes, or until coated and cooked to your desired degree of doneness.
- ☐ Top the bowls of **finished noodles** with the cooked fillets and sauce. Garnish with the **cilantro**. Enjoy!

