

# Salmon & Udon Noodle Stir-Fry

with Sweet Peppers, Bok Choy, & Furikake

**TIME:** 25-35 minutes

**SERVINGS:** 2

Furikake, a classic Japanese seasoning that often includes seaweed and sesame seeds, is the perfect garnish for tonight's seared salmon and stir-fried udon noodles. The noodles turn delightfully chewy in just a few minutes when added to the pan with a bit of water—blending in seamlessly with sautéed peppers and bok choy in a savory and sweet soy-based sauce.



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## Ingredients



2  
SKIN-ON SALMON  
FILLETS



1/2 lb  
FRESH UDON  
NOODLES



4 oz  
SWEET PEPPERS



2 cloves  
GARLIC



2  
SCALLIONS



1/2 lb  
BABY BOK CHOY

## KNICK KNACKS:



1 1-inch piece  
GINGER



1 Tbsp  
SESAME OIL



1 tsp  
FURIKAKE



1 Tbsp  
RICE VINEGAR



1 Tbsp  
SUSHI SAUCE



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### 1 Prepare the ingredients:

- Wash and dry the fresh produce.
- Cut off and discard the pepper stems. Halve the peppers lengthwise; remove and discard the ribs and seeds. Thinly slice crosswise.
- Peel and finely chop the garlic.
- Peel and finely chop the ginger.
- Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops.
- Cut off and discard the root ends of the bok choy; roughly chop.



### 2 Cook the salmon:

- Pat the **salmon fillets** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- Add the seasoned fillets, skinless side down. Cook 3 to 4 minutes on the first side, or until lightly browned.
- Flip and cook 2 to 3 minutes, or until lightly browned and cooked to your desired degree of doneness. Turn off the heat.



### 3 Start the stir-fry:

- While the salmon cooks, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the **peppers** and season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant.



### 4 Add the aromatics & bok choy:

- Add the **garlic, ginger, white bottoms of the scallions, and bok choy** to the pan; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened.
- Add the **vinegar**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until combined.



### 5 Finish the stir-fry:

- Add the **noodles** (carefully separating with your hands before adding) and **1/3 cup of water** to the pan. Cook, stirring occasionally, 1 to 2 minutes, or until the noodles are coated and heated through.
- Turn off the heat; stir in the **sushi sauce** and **sesame oil**. Season with salt and pepper to taste.



### 6 Plate your dish:

- Divide the **finished stir-fry** between 2 dishes. Top with the **cooked salmon fillets**. Garnish with the **green tops of the scallions** and **furikake**. Enjoy!