



LIVE LONGER
LIVE HEALTHIER
LIVE HAPPIER

WWW.ROSEMARYCONLEY.COM

Recipe © Rosemary Conley Enterprises

TANDOORI SALMON WITH SPICY NOODLES

Serves 2

Per serving: 383 calories, 6.5% fat
(excl. stir-fry vegetables)

Prep time: 5 mins

Cook time: 10 mins

INGREDIENTS

2 salmon steaks
2 tsp tandoori curry powder
200g cooked rice noodles
2 tbsp spicy Szechuan sauce
Freshly ground black pepper

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Roll the salmon fillets in the curry powder and season with black pepper, then place on a non-stick baking tray. Bake in the oven for 6 - 8 minutes until just cooked or in a microwave for 2 minutes on high heat and allow to stand for one minute.
3. Meanwhile heat a non-stick pan and stir-fry the rice noodles with the sauce until heated through.
4. Serve the salmon on a bed of noodles with 100g stir-fry vegetables if desired.