

Salmon with Chilli and Oyster Sauce Noodles

Yield: 4 min
Total Time: 38 min

Recipe from: <https://www.recipeschoose.com/recipes/fish-in-oyster-sauce-chinese-recipe>

Ingredients:

- 2 salmon fillets
- 1 teaspoon salt Chinese takeaway, and pepper chilli rub, we use Angus & Oink
- 2 tablespoons groundnut oil
- 2 medium egg noodles nests
- sesame oil
- 1 onion approx. 115g, sliced
- 2 1/2 tablespoons fresh ginger piece of, peeled and cut into small matchsticks
- 1/2 teaspoon chilli flakes
- 1 medium carrot approx. 100g, peeled and cut julienne style
- 1 7/8 cups broccoli cut into small florets
- 2 13/16 ounces green beans cut into approx. 2.5 cm pieces
- 1 peppers large, or 2 small, approx. 195g, any colour, deseeded and sliced
- 1 tablespoon Shaoxing rice wine
- 1 1/2 tablespoons light soy sauce
- 3 tablespoons oyster sauce
- 2 spring onions sliced at an angle
- sesame seeds to garnish, optional
- 2 salmon fillets
- 1 teaspoon salt Chinese takeaway, and pepper chilli rub we use Angus & Oink
- 2 tablespoons groundnut oil
- 2 medium egg noodles nests
- sesame oil
- 1 onion approx. 115g sliced
- 2 1/2 tablespoons fresh ginger piece of, peeled and cut into small matchsticks
- 1/2 teaspoon chilli flakes
- 1 medium carrot approx. 100g peeled and thinly sliced or cut julienne style
- 1 7/8 cups broccoli cut into small florets
- 2 13/16 ounces green beans cut into approx. 2.5 cm pieces
- 1 peppers large, or 2 small, approx. 195g any colour, deseeded and sliced
- 1 tablespoon Shaoxing rice wine
- 1 1/2 tablespoons light soy sauce

- 3 tablespoons oyster sauce
- 2 spring onions finely sliced
- sesame seeds to garnish, optional

Nutrition:

1. Calories: 1900 calories
2. Carbohydrate: 267 grams
3. Cholesterol: 350 milligrams
4. Fat: 54 grams
5. Fiber: 18 grams
6. Protein: 77 grams
7. SaturatedFat: 11 grams
8. Sodium: 2790 milligrams
9. Sugar: 14 grams

Thank you for visiting our website. Hope you enjoy Salmon with Chilli and Oyster Sauce Noodles above. You can see more 18 fish in oyster sauce chinese recipe Unlock flavor sensations! to get more great cooking ideas.