



Teriyaki Salmon **with Soba Noodles and Bok Choy**

Soba noodles, made from buckwheat flour, have a nutty, toasty flavor and a signature chew in all kinds of applications, whether it be hot or cold, with a broth or a dipping sauce. Tonight, we're stir-frying them, otherwise known as *yakisoba*, and pairing the noodles with even more classic Japanese components—flaky salmon, tender bok choy, and teriyaki glaze.

20–30 minutes 770 calories per serving

Ingredients

- 4 ounces baby bok choy
- 1 scallion
- 2 cloves garlic
- 6 ounces soba noodles
- 10 ounces salmon
- 2 packets gluten-free soy sauce
- 1 packet unsalted butter
- 2 teaspoons rice wine vinegar
- ¼ cup teriyaki glaze
- 2 teaspoons toasted sesame seeds

You'll need

- canola oil
- kosher salt
- black pepper
- 8" medium pot
- 10" medium nonstick pan with lid
- 10" medium pan

Recipe tips

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

If the water becomes foamy after adding the noodles, don't worry! Stirring helps prevent the pot from overflowing.

Your salmon is finished cooking when it flakes easily with a fork or a thin knife inserted into the fish meets no resistance. USDA recommends cooking fish to 145°F.



1. Prepare ingredients

Bring a medium pot of water to a boil over high heat. Quarter **bok choy** lengthwise and rinse thoroughly (it tends to hide a lot of dirt between its leaves); cut crosswise into 1-inch pieces, keeping **bulbs** and **leaves** separate. Rinse remaining produce. Trim and discard **scallion** root and thinly slice, keeping **whites and light greens** separate from **dark greens**. Mince **garlic**.



4. Sauté aromatics

While salmon sears, heat **2 teaspoons canola oil** in a medium pan over medium-high heat. When oil is shimmering, add **scallion whites and light greens** and sauté, stirring, until fragrant, 1 minute. Add **bok choy bulbs** and continue to cook until softened, 3–4 minutes. Add **garlic** and cook, stirring, until fragrant, 30 seconds more.



2. Cook soba noodles

Add **soba noodles** to boiling water, still over high heat. Cook, stirring occasionally to prevent sticking, until tender but still chewy, 5–7 minutes (see recipe tip). Drain and rinse under cold water for 30 seconds to stop cooking. Set **soba noodles** aside for Step 5. Meanwhile, pat **salmon** dry with paper towel; season all over with **¼ teaspoon salt** and **pepper** as desired.



5. Finish soba noodles

To pan with aromatics, still over medium-high heat, add **soy sauce**, **butter**, **rice wine vinegar**, **bok choy leaves**, **soba noodles**, and **half of teriyaki glaze**; toss to coat all noodles. Cook, stirring, until bok choy leaves are wilted, 1–2 minutes. Remove pan from heat.



3. Sear salmon

While noodles cook, heat **2 teaspoons canola oil** in a medium nonstick pan over medium-high heat. When oil is shimmering, add **salmon** skin-side up and sear until golden on bottom, 5 minutes. Flip **salmon** and cover pan, keeping lid slightly ajar for steam to escape. Continue searing until fish is cooked through and opaque, 3–5 minutes more (see recipe tip).



6. Plate teriyaki salmon

Divide **soba noodles and bok choy** between serving plates. Top with **seared salmon**, then drizzle with **remaining teriyaki glaze**. Garnish **teriyaki salmon** with **sesame seeds** and **scallion dark greens**. Dig in!