

Salmon Noodle Casserole

Yield: 4 servings (leftovers for 2 persons)

Ingredients

- DeCecco egg noodles – **180 g (dry)**
- Fresh salmon – **300 g**, skinned, boneless, cooked and flaked
- 長ネギ (Japanese leek) – **1 large (≈120 g)**, halved lengthwise, sliced
- Maitake or shimeji mushrooms – **100 g**, separated into small pieces
- Garlic powder – **1 tsp (3 g)**
- Olive oil – **20 g (4 tsp)**, divided
- All-purpose flour – **25 g (2 ½ Tbsp)**
- Soy milk (無調整豆乳) – **500 ml**
- Dijon mustard – **1 ½ Tbsp (22 g)**
- Black pepper – **½ tsp (1 g)**
- Salt – **½ tsp (3 g)** (*optional, taste first*)
- Cayenne – pinch (*optional*)

Veg additions

- Frozen peas – **80 g (½ cup)**, thawed
- When asparagus isn't available → use **broccoli florets (150 g, lightly blanched)** or **green beans (150 g, chopped, blanched)**

Topping

- Panko breadcrumbs – **30 g (½ cup)**, toasted in dry skillet until golden
- Cheddar cheese – **40 g**, shredded
- Parmesan – **20 g**, finely grated
- Fresh parsley – **1 Tbsp**, chopped



Instructions

1. **Cook noodles:** Bring pot of salted water to boil. Cook DeCecco egg noodles until just underdone (about 1–2 min less than package). If using broccoli/green beans, blanch them in the same pot during last 2 min. Drain, set aside.
2. **Cook vegetables:** Heat 2 tsp olive oil in skillet over medium. Add leek and mushrooms, cook 5–6 min until softened. Sprinkle with garlic powder, stir. Transfer to large bowl.
3. **Make sauce:** In same skillet, add 2 tsp oil. Stir in flour, cook 2 min. Gradually whisk in soy milk until smooth. Simmer 5 min, whisking often, until thickened. Off heat, stir in Dijon, pepper, salt (if using), and cayenne.
4. **Assemble:** In bowl with leeks and mushrooms, add noodles, salmon, peas, and optional green veg. Pour over sauce, fold gently. Spread in lightly oiled 2-liter baking dish.
5. **Top & bake:** Mix toasted panko with cheddar, Parmesan, parsley, and 1 tsp olive oil. Sprinkle evenly over casserole. Bake at **190 °C** for 15–20 min until bubbling and golden. Rest 5 min before serving.



Nutrition (per serving)

- **Calories:** ~445 kcal
- **Protein:** ~32 g
- **Fat:** ~16 g
 - Sat. Fat: ~5 g
- **Carbs:** ~41 g
 - Sugars: ~4 g
- **Fiber:** ~4 g
- **Sodium:** ~500 mg
- **Omega-3:** ~1.6 g (from salmon)