

## Salmon Noodle Casserole

Revised version 15 Feb 202

Yield: 4 servings (leftovers for 2 persons)

### Ingredients

- 180 g DeCecco egg noodles, dry
- 300 g fresh salmon, skinned, boneless, cooked and flaked
- 1 large (120 g) 長ネギ (Japanese leek), halved lengthwise, sliced
- 100 g maitake or shimeji mushrooms, separated
- 1 tsp (3 g), garlic powder
- 20 g butter
- 1 tsp (5 g) olive oil
- 25 g (2½ T) all-purpose flour
- 575 ml soy milk (無調整豆乳)
- 1 T (15 g) cream cheese
- 1 Tbsp (15 g) plain Greek yogurt
- 10 g Parmesan, for sauce
- 1½ T (22 g) Dijon mustard
- ½ tsp (1 g) black pepper
- ½ tsp (3 g) salt
- Pinch cayenne, optional



### Vegetables:

- 80 g frozen peas, thawed
- 150 g broccoli florets or green beans, lightly blanched (optional)

### Topping:

- 30 g panko breadcrumbs
- 40 g cheddar cheese, shredded
- 20 g Parmesan cheese, grated
- 1 T fresh parsley, chopped

### Instructions

#### 1. Cook noodles:

- Bring salted water to boil. Cook noodles 1–2 minutes less than package time. Blanch broccoli/beans in final 2 minutes if using. Drain and set aside.

#### 2. Cook vegetables:

- Heat a small drizzle olive oil in skillet over medium. Cook leek and mushrooms 5–6 minutes until softened.
- Add garlic powder. Transfer to large mixing bowl.

#### 3. Make stabilized cream sauce:

- Melt **20 g butter** with **1 tsp olive oil** over **medium-low heat**.
- Whisk in **flour** and **cook 2–3 minutes** until smooth and lightly foamy (do not brown).

- Gradually add **150 ml soy milk** first and whisk completely smooth.
- Gradually whisk in remaining soy milk.
- **Simmer gently 4–5 minutes** until slightly thickened but still pourable.
- Remove from heat. Stir in **cream cheese, Greek yogurt, Parmesan, Dijon, pepper, salt and cayenne.**
- Sauce should look slightly loose before baking.

#### 4. Assemble:

- Add **noodles, salmon, peas** and **broccoli/green beans** to bowl with **leeks** and **mushrooms.**
- Pour **sauce** over and fold gently.
- Transfer to lightly oiled 2-liter glass rectangular baking dish and level surface.
- If mixture looks dry, drizzle 2–3 T warm soy milk over surface.

#### 5. Top & bake:

- Mix **panko** with **cheddar, Parmesan** and **parsley.**
- Sprinkle evenly over casserole and drizzle lightly with **olive oil.**
- Bake at **180°C** for **18–22 minutes** until bubbling and golden.
- Rest 5 minutes before serving.

#### Nutrition (per serving)

Kcal: ~480 | Protein: 34g | Fat: 20g | Sat. Fat: 7g | Carbs: 42g | Sugars: 5g | Fiber: 4g | Sodium: ~550mg | Omega-3: ~1.6g