

# Flying Inspiration

Fly with the feminine

*Gabriella Guglielminotti Trivel's recipes*

## Ramen noodles with fish

Suggestions: a very nourishing and warming winter dish full of minerals like phosphorus, iron, magnesium, calcium, potassium, sodium, zinc, manganese, selenium, copper, omega 3 and vitamins of the B group, A, C, E, K and D.

### Instructions

extra virgin  
olive oil



chillies



Cherry tomatoes



leeks



Heat in a pan some extra virgin olive oil with some chopped chillies, leeks and cherry tomatoes cut in two; stir it all together and let it simmer nicely.



cod



salmon

mustard seeds



After a while add some small chunks of cod and salmon or salmon and smoked haddock according to your taste. Add some mustard seeds and let it cook for a while.



ramen noodles



Put some ramen noodles in boiling water and cover them so that they will soften. When the vegetables and the fish are cooked, add the softened ramen to the pan without the water and add some tamari or shoyu: stir it all together and let it simmer for a while.



coriander

Chop some fresh coriander, add it to the noodles and stir it in the pan so that everything get mixed together and serve it hot.



If you like this recipe, I would like to read your comments!

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