



Salmon with Soba Noodle Salad

Cooking Time: 20-30 minutes

Serves: 2-4 people

INGREDIENTS:

Salad:

- 4 fillets of salmon
- 270 grams dried soba noodles
- 1 Lebanese cucumber, diced/sliced
- 1/2 cup finely diced spring/green onions
- 1/2 cup thinly sliced radish
- 1/2 cup fresh mint leaves
- 1/2 cup finely diced coriander

Dressing:

- 2 cloves of garlic, crushed
- 1 tablespoon finely grated ginger
- 3 tablespoons soy sauce
- 2 tablespoons Chinkiang vinegar
- 2-3 teaspoons sesame oil
- 1-2 tablespoons neutral oil
- ground white pepper
- toasted sesame seeds

METHOD:

1. Pre heat oven at 200C fan forced and bring a pot of water to the boil.
2. Combine dressing ingredients into a bowl and mix.
3. Place salmon fillets on a lined baking tray and drizzle 2-3 tablespoons of dressing over the salmon.
4. Bake salmon uncovered for 13 minutes.
5. Meanwhile boil soba noodles as per packet instructions (generally 2-3 minutes) drain and rinse under cold water. Drain off excess water and add noodles to a salad bowl.
6. Toss through the remainder of the dressing through the noodles along with cucumber, onions, radish, mint and coriander.
7. Serve along side salmon and toasted sesame seeds.

TIPS/SUBSTITUTIONS:

- To add heat to the dish, chilli flakes or diced red chilli could be added to dressing.
- other vegetables could include edamame beans, cabbage, capsicum, carrot,