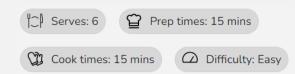
Salmon and soba noodle salad





Ingredients

- 180g soba noodles
- 1 tablespoon sesame oil
- 4 salmon fillets (80-120g per fillet)
- 1/4 red onion (finely sliced)
- 1 carrot (grated)
- 1 small Lebanese cucumber (halved, sliced diagonally)

- 1 red capsicum (finely sliced)
- 3 cups rocket (chopped roughly)
- 1/4 cup pepitas (pumpkin seeds)
- 4 tablespoons balsamic vinegar
- 3 tablespoons rice wine vinegar
- 2 tablespoons soy sauce

Method

- 1. Boil noodles for 3-5 minutes or until al dente. Drain water and fill pot with cold water. Set aside.
- 2. Heat pan with half the sesame oil on medium heat and place the salmon fillets skin down. Cook salmon fillets for 3-5 minutes on skin side and then turn over to cook for another 2 minutes and set aside.
- 3. In a large salad bowl, add vegetables, and pumpkin seeds.
- 4. Pour vinegars, remainder of sesame oil and soy sauce over salad and combine well.
- 5. Drain noodles. Toss through salad, mix well.
- 6. To serve, divide the noodle salad between bowls and place salmon on top.

Notes

- Salmon is a rich source of omega-3 fatty acids which help protect against high cholesterol, high blood pressure and inflammation.
- Add 1/2 an avocado, sliced, to this salad to add even more healthy fats.

