





# Salmon and soba noodle salad



 Serves: 6

 Prep times: 15 mins

 Cook times: 15 mins

 Difficulty: Easy

## 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.