

be good to
Yourself

BETTER FOR YOU



Salmon and Soba Noodle Salad



PREPARE
20 mins



COOK
20 mins



SERVES
Four

INGREDIENTS

400g	salmon fillets, skin removed
200g	snow peas, trimmed and cut diagonally
200g	soba noodles (see note)
8	spring onions, thinly sliced
120g	baby spinach leaves
1 ½ tablespoons	canola oil
2 tablespoons	rice vinegar
1 teaspoon	sesame oil
1 teaspoon	salt-reduced soy sauce



METHOD

1. Preheat oven to 180°C. Place a large sheet of baking paper on a flat baking tray. Place the fillets in the centre of baking paper. Fold paper to enclose salmon and tuck in edges. Bake for 10 minutes. Stand for 5 minutes.
2. Bring a large saucepan of water to the boil. Add snow peas and boil for 1 minute. Using a slotted spoon, transfer to a colander. Rinse under cold water to cool them down. Pat dry with paper towels. Place in a large bowl.
3. Finely slice the spring onions and add to the snow peas with the spinach.
4. Return water to the boil. Add noodles and cook for 4 to 5 minutes or until just tender. Drain. Rinse under cold water. Add to bowl of veggies.
5. Open paper parcels. Flake salmon into large chunks. Add to the bowl with the noodles and veggies.
6. For the dressing, combine canola oil, vinegar, sesame oil and soy sauce in a small bowl and mix well. Drizzle over salad. Toss to combine. Serve.

NOTES & TIPS: Soba noodles are brown Japanese noodles made from buckwheat. Find them in the Asian section of the supermarket.