

Teriyaki salmon with avocado, edamame & soba noodle salad

Ingredients: (Serves 4)

180g Soba noodles
 2 Teaspoons sesame oil
 2 Spring onions, thinly sliced
 1 Lebanese cucumber, thinly sliced
 1 Avocado, diced
 1 Cup frozen edamame, defrosted
 Juice of 1 lime
 Thumb-sized piece of ginger, finely grated
 1 Tablespoon brown sugar
 2 Tablespoons mirin
 2 Tablespoons soy sauce
 1 Tablespoon olive oil
 4x 150g Salmon fillets, skin on
 ½ Bunch of coriander, leaves picked

Equipment:

Non-slip mat
 Chopping board
 Knife
 Large frying pan
 Medium saucepan
 Mixing bowls
 Sieve
 Egg slide
 Large metal spoon
 Microplane
 Tongs
 Dessert spoon

Method:

1. Bring a large saucepan of water to the boil. Boil soba noodles for 2-3 minutes or until tender. Drain well and transfer to a large bowl. Mix through sesame oil to prevent noodles from sticking together. Set aside to cool.
2. Combine spring onions, cucumber, avocado and edamame in a large bowl. Stir through cooled soba noodles and lime juice and toss to coat.
3. Stir ginger, brown sugar, mirin and soy sauce together in a small bowl.
4. Heat olive oil in a large frying pan over medium-high heat. Add salmon skin-side down and cook for 3-4 minutes or until skin is golden and crisp. Turn and seal the flesh side for one minute. Pour in teriyaki marinade and cook for a further 2-3 minutes or until salmon is done to your liking.
5. Divide soba noodles salad and salmon between serving bowls. Pour over remaining teriyaki sauce from the pan and garnish with coriander leaves.

Nutrition Information (per serve):

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| Energy: | 3119kJ (745cal) | Sodium: | 1130mg | | |
| Protein: | 44.3g | Sat Fat: | 8.0g | | |
| Fat: | 41.3g | Sugars: | 10.8g | Fibre: | 8.9g |
| Carbohydrate: | 46.1g | | | | |