

SOY & SESAME SALMON WITH NOODLES

Serves 2 – Great, fresh Summer salad



Ingredients

- 4 **Oak Roasted Salmon** fillets
- 3 *tbsp Soy sauce*
- 3 *tbsp Sesame oil*
- Ginger – finely grated*
- 2 *tbsp Sesame seeds*
- 200g *Soba or fine egg noodles*
- 100g *Mushrooms – finely sliced*
- 1 *Large carrot – peeled and sliced*
- 4 *Spring onions – finely sliced*
- 1 *Long red chilli, seeded and sliced*
- 75g *Kale – thick stalks removed and torn into small pieces*

Preheat oven to 200°C. Put **Oak Roasted Salmon** fillets in a shallow baking dish.

Combine 1 *tbsp* of soy sauce, 1 *tbsp* of sesame oil and the ginger; pour over the salmon. Scatter over the sesame seeds, then set aside to marinate for 10 minutes.

Meanwhile cook the noodles; drain well and set aside. Put the kale on a baking tray and toss with a little sesame oil. Bake the salmon for 10 minutes and the kale for 8-10 minutes, turning until crisp.

Meanwhile heat ½ *tbsp* sesame oil in a frying pan. Add the mushrooms and fry until golden. Stir into the cooked noodles and set aside.

In the same pan heat another ½ *tbsp* sesame oil and stir-fry the carrots, spring onions and chilli until just wilted. Toss the stir-fried veg with the mushroom noodles, adding the remaining soy sauce and sesame oil to taste. Divide the noodles between 4 plates and top with the salmon fillets.