

SOY & SESAME SALMON WITH NOODLES

Our [Salmon](#) Noodle Recipe is a great, fresh Summer salad

Serves 2

Ingredients

2 [Oak Roasted Salmon Fillets](#)

200g Soba or fine egg noodles

100g Mushrooms, finely sliced

75g Kale, thick stalks removed and torn into small pieces

1 Large carrot, peeled and sliced

4 Spring onions, finely sliced

3 tbsp Soy Sauce

3 tbsp Sesame Oil

2 tbsp Sesame seeds

1 Long red chilli, seeded and sliced

Ginger, finely grated



Preheat oven to 200°C. Put the [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 2 plates and top with the [Oak Roasted Salmon fillets](#).

Enjoy!