

Salmon and soba noodle bowl



With teriyaki and lime flavours, this salmon and noodle dish uses crispy cabbage and creamy avocado for a hearty dinner the whole family will enjoy.

Ingredients:

1. 270g pkt soba noodles
2. 1/2 cup (125ml) teriyaki marinade
3. 1/4 cup (60ml) lime juice
4. 3 tsp sesame oil
5. 2 spring onions, thinly sliced
6. 2 tbs sesame seeds, toasted
7. 4 Coles Australian Skinless Salmon Portions
8. 4 radishes, thinly sliced
9. 4 baby cucumbers, peeled into ribbons
10. 1 ripe avocado, stoned, peeled, thinly sliced
11. 1 large carrot, peeled, cut into long matchsticks
12. 1 1/2 cups (120g) finely shredded red cabbage

Method:

1. Cook the noodles in a large saucepan of boiling water following packet directions. Refresh under cold water. Drain well.
2. Meanwhile, combine the teriyaki marinade, lime juice, oil and ¼ cup (60ml) water in a small jug.
3. Place the noodles in a bowl with three-quarters of the spring onion and 1½ tbs of the sesame seeds. Add ⅔ cup (160ml) of the dressing and gently toss to combine. Season.
4. Spray the salmon with olive oil spray. Season. Heat a large frying pan over medium heat. Cook the salmon for 2-3 mins each side for medium or until cooked to your liking.
5. Divide the noodle mixture among serving bowls. Arrange the radish, cucumber, avocado, carrot and cabbage over the noodle mixture. Top with salmon. Drizzle with the remaining dressing. Sprinkle with the remaining spring onion and sesame seeds.