

Clean Eating

Improving your life one meal at a time.

Sushi-Style Soba with Seared Salmon

This Asian-inspired salmon salad makes a hearty winter lunch or a flavorful summer picnic dish – either way, it's a satisfying meal ready in just 30 minutes!

By Signe Langford | Photo: Yvonne Duivenvoorden

Serves: 4

Hands-on time: 30 minutes

Total time: 30 minutes

CATEGORY:

[Under 45 Minutes](#)



INGREDIENTS:

- 1 / 4 cup dry shredded wood-ear mushroom
- 4 green onions, finely sliced
- 2 sheets nori, chiffonade
- 1 carrot, peeled and finely grated
- 2 tsp peeled and finely grated fresh ginger
- 1 cup peeled and coarsely grated daikon
- 2 cups cooked buckwheat soba noodles
- 1 / 4 tsp grape seed oil
- 11 oz boneless, skinless wild salmon fillet
- Ground white pepper, to taste

VINAIGRETTE

- Juice 1 / 2 orange
- 1 tsp toasted sesame seeds
- 1 / 4 tsp toasted sesame oil
- 2 tsp low-sodium soy sauce
- 2 tbsp rice wine vinegar
- 1 / 2 tsp pure wasabi powder, optional

- 1/4 tsp ground white pepper

INSTRUCTIONS:

1. Prepare vinaigrette: In a medium bowl, add all vinaigrette ingredients and whisk until well blended with no lumps remaining. Set aside.
2. Place mushroom in a small bowl and cover with hot water. Set aside until al dente, about 4 minutes; drain well.
3. In a large bowl, combine re-hydrated mushroom, onions, nori, carrot, ginger and daikon. Add noodles and half of vinaigrette, and gently toss.
4. Rub oil all over salmon and season both sides with pepper. Heat a cast iron skillet on medium high until very hot. Add salmon and cook for 2 to 3 minutes on 1 side. Flip over and cook opposite side for 2 to 3 minutes. Transfer salmon to a cutting board and let rest. When salmon is cool enough to handle, cut into 1/4-inch widthwise slices and lay on top of noodle mixture. Serve with remaining vinaigrette for dipping salmon, if desired.

Nutrients per 1 1/2-cup serving: Calories: 368, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 3 g, Omega-3s: 1,350 mg, Omega-6s: 580 mg, Carbs: 52 g, Fiber: 5 g, Sugars: 5 g, Protein: 24 g, Sodium: 151 mg, Cholesterol: 43 mg



Ellen Sabari
Seattle, Washington

"The Sushi-Style Soba with Seared Salmon has all the flavor of homemade sushi with the simplicity of a pasta. I love finding new ways to include salmon in my diet, and the Asian-inspired aromas in this dish really showcased my favorite fish."