



BigFish Recipe™

Salmon and noodle salad with miso dressing

This deliciously fresh dish is easy to make and healthy too, with a good balance of vegetables, protein and carbs. Why not whip it up for your loved one?

Preparation time: 15 minutes
Cooking time: 15 minutes
Serves: 2

Ingredients

2 BigFish natural salmon fillets, defrosted
1 tsp olive oil
150g thin noodles (we used a pack of microwaveable noodles)
200g green vegetables, such as fine green beans, broccoli, sugar snap peas or mange tout
¼ red cabbage, finely sliced
1 carrot, finely sliced
2 spring onions, finely sliced
½ red pepper, cut into fine strips
½ a fresh mango, peeled and diced
1 tbsp toasted sesame seeds
A handful of fresh coriander, to dress

For the Miso dressing

1 tbsp white miso paste
1 tsp soy sauce
1 tbsp olive oil
1 tsp honey
juice and zest of ½ a lime

Method

1. Preheat the oven to 220°C / 200C (fan) / Gas 7 and line a baking sheet with baking paper
2. Rub the fish fillets with a little oil and some seasoning. Put on the baking tray and cook for 8-12 minutes, until the fish just cooked through in the thickest part.
3. Cook the noodles according to the packet instructions, rinse under cold water, drain well and set aside.
4. In a pan, lightly steam or blanch the green vegetables, cabbage and carrots until just tender, but still with some crunch, refresh in cold water and drain.
5. Mix the dressing ingredients together and toss in a bowl with the green vegetables, prepared raw veg and mango.
6. Put the noodles and the veg in serving bowls with the cooked salmon fillets on top. Sprinkle with sesame seeds and coriander before serving.