

Miso Salmon Noodles

Ingredients

Water 1.5L

Chicken stock powder 1 tbsp

White miso paste 100g

Shelf-fresh udon noodles 2x 200g pkts

Shallots x3, trimmed, cut into 4cm pieces

Baby choy sum x 1 bunch, trimmed, cut into 5cm pieces

Olive oil spray

Salmon fillets 2x200g, skin removed

Sesame seeds 1 tbsp

Soy sauce, to taste

Spring onions 1 stem, thinly sliced, to serve

Red chillies x2, thinly sliced, to serve

Method

Step 1

Place water and stock powder in a large saucepan over high heat. Bring to boil. Add miso paste and stir until the miso dissolves. Reduce heat to medium-low and hold at a gentle simmer.

Step 2

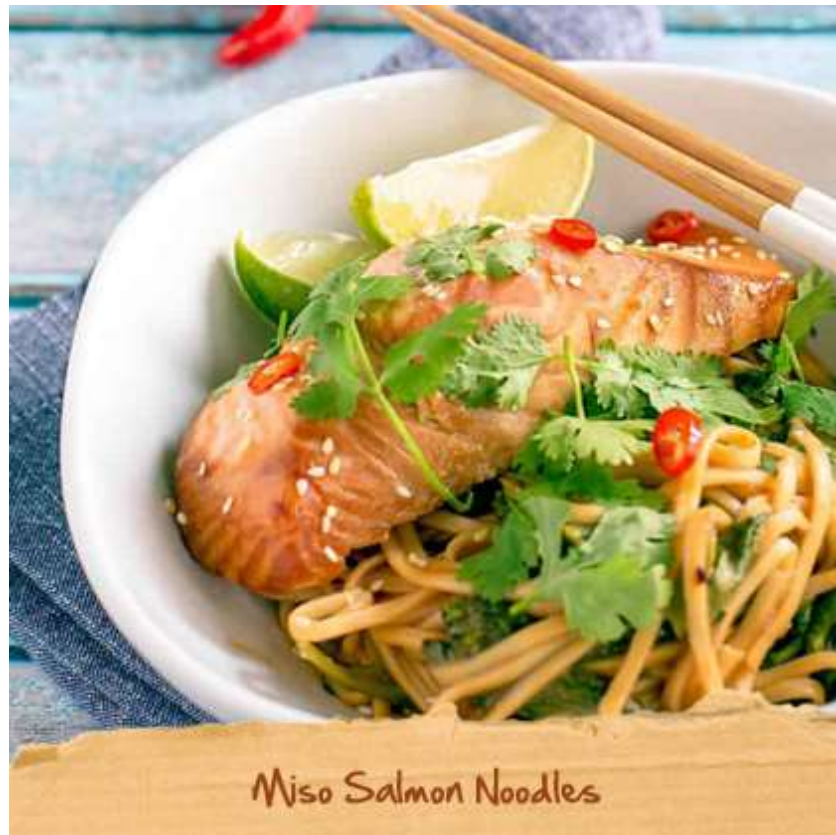
Add the noodles and cook for 1-2 minutes or until just soft. Add the shallot and choy sum and cook for 1 minute or until the choy sum just wilts.

Step 3

Meanwhile, heat a non-stick frying pan over medium-high heat. Spray with oil. Cook the salmon for 2-3 minutes each side for medium or until the fish flakes easily when tested with a fork. Sprinkle with the sesame seeds.

Step 4

Flake the salmon into large pieces. Divide the broth and noodles among serving bowls. Drizzle with soy sauce and top with extra shallot.



Pic for illustration purposes only. Recipe may vary in appearance to pic.