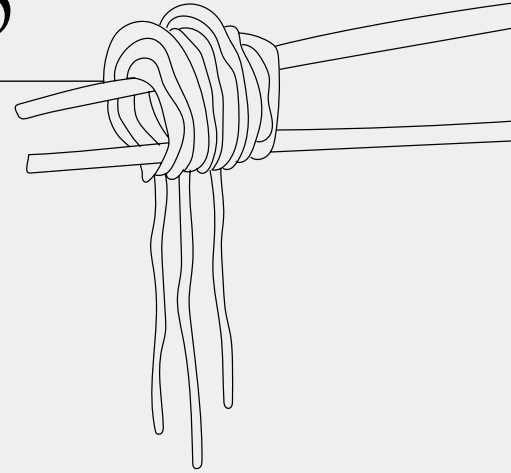


MISO SALMON WITH UDON NOODLES



Ingredients

Serves 4

Miso marinade

- 1 tbsp each of miso, sake and mirin
- 2cm piece of ginger, finely grated
- 2 cloves garlic, finely grated
- 1 tsp caster sugar
- 2 (300g) salmon fillets, skin on, halved

Udon Noodles

- 400g udon noodles
- 1/4 cup soy sauce
- 2 tbsp rice wine vinegar
- 1 tbsp sesame oil, plus extra to serve
- 1 tsp sesame seeds, plus extra to serve

- 2tbsp olive oil or vegetable oil, for frying
- Grilled or steamed broccolini OR a salad of shredded snap peas, thinly sliced spring onions, julienned cucumber and coriander, to serve
- Finely sliced shallots, to serve
- Lemon slices, to serve
- Sea salt, to serve

Method

Combine the marinade ingredients in a container or dish and add in the salmon, turning to coat. Allow to marinate for 30 minutes - 1 hour.

Meanwhile, prepare the udon noodles according to the directions on the packet. Drain and rinse under cold water. Transfer to a large bowl and dress with the remaining ingredients.

Heat the olive or vegetable oil in a large pan over a medium-high heat. Add the salmon, skin side down, to the pan, reserving any excess marinade. Cook until the salmon is golden (approximately 2 minutes), turn the salmon over and pour over the reserved marinade. Cook until the salmon is just cooked through and slightly charred.

Divide the noodles amongst four bowls and top each with a piece of salmon, some broccolini or the snap pea salad, some shallots and a slice of lemon. Top with a little more sesame oil and sesame seeds and season with some sea salt.

