



Miso Salmon noodles

Ingredients

- 1 Salmon fillet
- 1 tbs Sunflower oil
- 100g dried rice noodles
- 1 garlic clove
- 1 inch ginger
- 2 spring onions
- 1 small red chili
- 1 handful of bean sprouts
- 1 tbs chopped coriander
- 1 tbs fish sauce

For the miso glaze

- 2 tsp brown miso paste
- 2 tsp balsamic vinegar
- 2 tsp soy sauce
- 1 tsp smoked paprika

Step 1

Boil the noodles for 3 mins in a large pan, drain and rinse under cold water through a sieve and set aside to cool. Heat the grill to high.

Step 2

Mix together the miso paste, balsamic vinegar, soy sauce and paprika to make the miso glaze. Brush glaze over the salmon fillet with a pastry brush. Place the fillet skin side down on a greased baking tray and grill for 6-8 mins until just cooked through.

Step 3

Heat the oil in a wok and stir-fry the garlic, ginger, spring onions and chilli until soft. Add the cooked noodles, beansprouts and coriander. Mix everything together until well combined and add the fish sauce. Remove from cooker.

Step 4

Place noodles and salmon into lunch box and enjoy during your day.