

Salmon Noodle Salad



INGREDIENTS



500ml Dark Soya Sauce



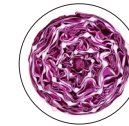
150ml Honey



100g Grated Ginger



100g Demerara Sugar



75g Red Cabbage



75g Mixed Peppers



Dash of Sesame Oil



150g Egg Noodles



4 Fillets of Salmon



50g Edamame Beans



Mixed Leaf



Sesame Seeds

Salmon is a food rich in healthy omega 3 oils and important vitamins. For over 50 years, Mowi has been raising salmon in the clear waters of Scotland, supplying healthy meals for customers at home and around the world.

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STEP 1
MAKE THE DRESSING

Combine the dark soya sauce, honey, grated ginger and brown sugar in a pan and heat slowly. Once the mixture has reduced by half, turn off the heat and let it cool.



STEP 2
PREPARE THE VEGETABLES

Chop the red cabbage and mixed peppers into a small 1cm cubes.



STEP 3
COOK NOODLES

Bring a pan of water to a rolling boil. Season the water with salt and a dash sesame oil and drop in the noodles. Make sure to stir the noodles until the water begins to boil again to stop them from sticking together. Check noodles are cooked and remove from the heat, drain well and refresh with cold water.



STEP 4
COOK SALMON

Place the salmon fillets under a preheated grill. Cook the salmon for 4 minutes on either side and remove from the heat.



STEP 5
BUILD THE SALAD

Mix the noodles with a dash of sesame oil, chopped peppers, red cabbage and edamame beans. In four serving dishes place your mixed leaves, top with the noodle mix and place a salmon fillet on each portion.



STEP 6
FINISH

To finish the dish, drizzle the salmon with the soya and ginger dressing. Remember sometimes "less is more", the soya dressing can be salty. Sprinkle some sesame seeds over the top and enjoy your Mowi masterpiece.