

Green Tea Soba with Teriyaki Salmon and Snap Peas



A tasty bowl of earthy green tea noodles, perfectly complemented with fresh teriyaki salmon, broccolini and snap peas.

Ingredients

- 3 bunches of green tea soba noodles
- 500 g skinless salmon fillet, cut into large chunks
- 1 tbsp grated ginger
- 1 tsp grated garlic
- 2 cups sugar snap peas, tough stems removed
- 2 bunches of broccolini, cut into small pieces
- 2 tbsp teriyaki sauce
- 1 tbsp Chinese or Japanese cooking wine
- 1 tbsp sesame oil
- 1 tbsp toasted sesame seeds

Method:

1. Cook soba noodles according to packet instructions, drain and set aside.
2. Cut salmon into chunky pieces, place in a medium bowl, add ginger, garlic, teriyaki sauce, wine and sesame oil, toss to marinate.
3. Heat medium-size frying pan, add 1 tsp oil, add salmon pieces and pan fry them to your preferred doneness.
4. Remove salmon from the pan and add the veggies, toss them and add a small splash of water and any remaining marinade from the bowl. Cook for a few minutes until they turn a brighter green, toss in the noodles, stir until they are warmed through. Add a little water if it starts sticking.
5. Place in serving dishes and top with the salmon and toasted sesame seeds.