

# Lightly Seared Salmon, Edamame & Soba Salad with Orange Ponzu



## <Ingredients (1 serve)>

1 Fresh salmon steak  
1 bunch Soba noodle  
50g Edamame beans (soy beans)  
Vegetables  
Toasted sesame seeds  
Tore seaweed sheets (Momi Nori)

1 tsp Sesame oil  
1 tsp Sunflower oil  
1 pinch Sea salt

## <Orange Ponzu Dressing>

1 Orange  
4 Tbsp Japanese soy sauce

2 tsp Fish sauce

### <Method>

#### 1. Pan-fry salmon

Apply sea salt over the salmon. Pour the sesame oil and sunflower oil into a frying pan and heat on high heat.

When smoke comes up from the surface, place the salmon steak on the frying pan skin side down.

Cook until the salmon is spontaneously removable, and turn over carefully not to break the shape.



Cook for 30 seconds and remove from the heat. Cover with kitchen foil.

#### 2. Boil the Soba noodle



Pour water into a deep stew pan and bring it to the boil. Put the soba noodle into the water and keep stirring. Once again the water is boiled, add cold water and bring it boil again.



Stir until the noodle is al dente. Drain\* and rinse out with cold running water.

\*) Boiling water is infused by great nutrients of Soba noodle, so that Japanese people drink even the water which used for boiling soba noodle afterward



#### 3. Meanwhile make a dressing



Put all ingredients into a bowl and mix well.



#### 4. Make a plate presentation

Place soba noodle into a noodle bowl.



Place Edamame and other vegetables and put the salmon on top.



Sprinkle sesame seeds and torn seaweed. Drizzle the dressing just before serving.