

Healthy Vegetable Somen (noodle) Salad with Salmon & Butter Ponzu Dressing



Somen (素麺) is the type of Japanese wheat based dried noodle. Usually it is made of wheat, salt and water and the dough is stretched to be very fine thickness. This Somen contains spinach but no salt, which is very healthy and easy to control dietary needs. Particularly, it is perfect for babies and old people not only for nutritious elements but also this noodle is so sleek that people can eat it safely and easily. You can cook it for hot pot, garnish for salad and stir-fried noodles, it is utterly versatile!

Another pleasant ingredient is tin of salmon. This salmon is the confit with soy sauce, sugar, Mirin and ginger, and contains a very small amount of salt. So that means, all great nutritions of salmon are infused into juice in the tin, hence you can drizzle even the juice over your food as a extra flavour. And most importantly, the bones are cooked so well, you can take whole calcium of the bones!

<Ingredients (4 serve)>

1 pack each Spinach & Carrot Somen (東銀来麺 Tou Gin Lai Noodle)

2L Water

<Topping>

2 tins Silver Salmon in Soy Sauce

1tsp Yuzu Kosho paste (Yuzu pepper paste)

1 Tbsp Mayonnaise

<Dressing>

100ml Ponzu (shop-selling)

150ml Water

2Tbsp Butter

<Garnish (option)>

Vegetables (tomato, cucumber, lettuce, avocado, spring onion etc.)

Ikura

Sesame seeds, fine seaweed

<Method>

1. Boil the Somen

Pour water in a pot and bring it to the boil. Plunge the Somen into it and boil stirring for 2 - 2.30 minutes. (don't keep stirring otherwise the temperature of water does not keep hot. Sometime is fine). Strain and rinse off excess starch with cold running water. Set a side.

2. Prepare the topping and dressing

Open the tins of salmon and strain the soy sauce juice into a small sauce pan. Keep the soy sauce juice aside. Spoon the salmon and put into a bowl and add the Yuzu Kosho paste and Mayonnaise. Mix well.

Make the dressing. Pour over the Ponzu and water into the soy sauce juice and add the butter. Cook until the butter melt stirring well. Remove from the heat and set aside.

3. Serve

Array the Somen noodle into a serving plate/bowl and pile the salmon on top.

Garnish the vegetables and Ikura if you like and drizzle the dressing over and serve immediately.

