

Salmon with Soba Noodles

Servings: 4

Source: New York Times Melissa Clark

Ingredients

- 6 oz bag soba noodles
- ¼ cup pine nuts
- 2 cloves garlic, minced
- 1 tsp kosher salt
- ¼ tsp pepper, plus more for seasoning
- ½ tsp finely grated Meyer lemon zest
- 2 tsp fresh Meyer lemon juice
- 6 tbsp olive oil
- 1 tbsp cumin seeds
- 2 salmon or arctic char fillets, preferably center cut, skin removed
- Meyer lemon wedges, for serving
- chopped fresh cilantro or mint, for serving

Method

1. Cook the noodles according to the package instructions. Rinse under cold water; drain.
2. Pulse the pine nuts in a food processor until finely ground. Scrape them into a large bowl.
3. Add the garlic, ½ tsp salt, pepper and lemon zest.
4. Whisk in the lemon juice. Slowly whisk in 3 tbsp oil. Toss noodles with the dressing.
5. Heat the oven to 450 degrees. Line a large baking sheet with foil.
6. Set a small skillet over medium-high heat and allow to heat up, about 1 minute. Add the cumin seeds and sizzle until fragrant, about 30 seconds. Turn off the heat and add remaining oil. Allow to cool slightly.
7. Season both sides of the fish with remaining salt and a pinch of pepper and place on the baking sheet. Spoon the cumin and oil evenly over the fillets. Roast to desired doneness, about 10 minutes for medium rare.
8. Divide the noodles among four plates and place the fish over the noodles. Garnish with the lemon wedges and cilantro or mint.

Notes

A simpler idea -

salmon fillets
soba noodles
lemon, zest and juice
pine nuts
sesame oil

chicken broth
scallions

Prepare soba noodles. Toast pine nuts. Bake salmon. Add zest, pine nuts, a bit of chicken broth, sesame oil, lemon juice to the noodles. Put salmon on top. Sprinkle with scallions.