

Soba Noodle Salad with Salmon and Asparagus

Servings: 4

Source: Bon Appetit April, 2011

Ingredients

- 2 tbsp olive oil
- 2 tbsp soy sauce
- 2 tbsp unseasoned rice vinegar
- 1 tbsp honey
- 1 tsp finely grated peeled fresh ginger
- fine sea salt
- 5½ oz. soba noodles
- 1 tbsp vegetable oil
- 12 oz. wild salmon fillet, skinned
- 9 oz thick asparagus spears, trimmed, cut on diagonal into 1-inch pieces
- 3½ oz. baby spinach leaves, 5 to 6 cups
- 1 avocado, peeled, pitted, coarsely chopped
- 1 tsp sesame seeds

Method

Whisk first 5 ingredients in small bowl. Season dressing to taste with sea salt and freshly ground black pepper.

Cook soba noodles in large saucepan of boiling salted water until tender but still firm to bite, stirring occasionally. Drain. Transfer to bowl of ice water to cool. Drain well; transfer to large bowl. Pour dressing over; toss to coat.

Heat vegetable oil in heavy medium nonstick skillet over medium-high heat. Sprinkle salmon with sea salt and pepper. Cook until browned but still deep pink in center, about 3 minutes per side. Transfer salmon to plate; cool slightly.

Wipe skillet clean. Add enough water to skillet to reach depth of 1 inch. Bring to boil. Sprinkle sea salt over and add asparagus. Simmer until crisp-tender, 3 to 4 minutes. Drain.

Add spinach and asparagus to noodles; toss to incorporate evenly. Season to taste with sea salt and pepper. Divide noodle salad among plates. Break salmon into bite-sized pieces. Tuck salmon and avocado into noodles on plates. Sprinkle sesame seeds over and serve.