

# Trout and Soba Noodle Salad

Recipe from The British Trout Association.

Serves: 4

Prep time: 10 mins

Cook time: 10 mins

## Ingredients

4-6 ChalkStream trout fillets

300g soba noodles

Bunch spring onions, thinly sliced

100g baby leaf spinach

1 tbsp black sesame seeds

*For the dressing:*

3 tbsp Miso

2 tbsp mirin

1 tbsp soy sauce – used reduced sodium if preferred

Juice 1 Lemon

Small knob ginger (about 15 – 20g), peeled and finely grated

1 tsp wasabi paste

1 tsp sesame oil

## Method

Fill a large frying pan with water and bring to the boil.

Carefully slip in the trout fillets, flesh side down, bring back to the boil turn the heat off and leave the trout to poach for 5 minutes.

Remove gently, leave to cool, then remove the skin and flake. You may have to do this in batches, depending on the size of your pan.

Bring a large pan of water to the boil and cook the noodles as instructed on the pack.

Drain and rinse in cold water to cool off.

Leave to drain while you make the dressing.

Put all the ingredients into a small mixing bowl and whisk together using a sauce whisk.

To serve toss the noodles with most of the dressing, spring onions, baby spinach and half the flaked trout.

Top with the rest of the trout, drizzle over the remaining dressing and sprinkle on the sesame seeds.