

SABA UDON  
(SMOKED MACKEREL WITH GREEN LEAVES)



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Serves 2

The attraction of this dish lies in the smoky flavour of the mackerel combined with fresh crunchy greens. The greens can be adapted to pretty much any salad leaves you can get your hands on and would be a great start to your journey of cooking udon at home. In the restaurant we use mizuna greens with shiso and spicy sprouts. Watercress and rocket work well, as do and mint and dill, and may be easier to source. Try to avoid leaves which are too tough.

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1 Omiyage box  
2 fillets of smoked mackerel  
2 large handfuls of salad greens  
2 spring onions

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Slice the spring onions at a sharp angle and keep them submerged in cold water until the rest of your salad mix is ready to go.

Prepare the salad mix with greens of your choice, hand torn herbs, and the drained spring onion and keep aside.

Grill the smoked mackerel in the oven for 3-5 minutes.

Remove the skin and bones from the fillet and flake into chunky pieces with a fork.

Once the udon and dashi have been cooked as per the instructions, place the mackerel on top and add the salad mix.