

Japanese Noodles with Smoked Trout

National Noodle Day

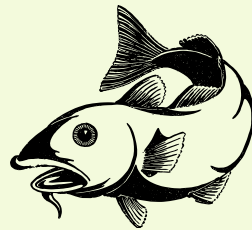


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Recipe from: taste.com.au

Ingredients

- 270g organic somen noodles*
- 300g Smoked trout
- 1 Lebanese cucumber, cut into ribbons using a vegetable peeler
- 3 spring onions, thinly sliced at an angle
- 1/3 cup coriander leaves
- 1/3 cup mint leaves
- 1 cup (80g) bean sprouts
- 2 tbsp rice vinegar*
- 3 tsp sesame oil
- 1 1/2 tbsp tamari* or soy sauce
- 1 tbsp canola oil



Directions

- Step 1
- Cook the somen noodles in a large saucepan of boiling water according to packet instructions, then drain.
- Step 2
- Rinse under cold water, then drain.
- Step 3
- Place the noodles in a large bowl and flake the fish over the top. Add the cucumber, spring onions, herbs and bean sprouts, and toss gently to combine.
- Step 4
- Place the remaining ingredients in a small bowl and whisk with a fork to combine. Pour half the dressing over the noodles and toss gently to combine. Serve immediately with remaining dressing.