

Salmon Soba Noodle Salad

The following recipe was created in collaboration with Lauren Schulte. To see more of her bites and meals, visit her Instagram [@TheBiteSizePantry](#).

Ingredients

- 6, 6 oz. Verlasso salmon fillets
- ½ box of Simply Asia soba noodles
- 10 asparagus spears
- 1 English cucumber
- 1 Tbsp. coconut oil
- 2 Tbsp. lemongrass paste or 1 Tbsp. freshly grated lemongrass
- 2 cloves of garlic, minced
- 1 Tbsp. ground ginger
- 2 Tbsp. honey
- 1 Tbsp. white vinegar
- 1 Tbsp. black vinegar (sub with rice vinegar)
- 1 tsp. lemon juice
- 2 Tbsp. chives
- 3 Tbsp. Garlic Expressions dressing
- Salt and pepper



Instructions

1. Heat coconut oil in a large sauce pot. Add the ginger, lemongrass paste and garlic. Cook for 2-3 minutes until fragrant and then remove from heat. Add the vinegars and honey and whisk together.
2. Season the salmon with salt, pepper and the lemongrass sauce. Set aside the left over sauce for the soba noodles. Add a little bit more coconut oil to the same pan and heat over medium heat until you start to hear the oil pop. Place the salmon fillets in the hot oil skin-side-down. Make sure to not over crowd the pan. Let the fillets cook uncovered in the pan for 8 minutes, then cover the pan and cook for another 4-5 minutes.
3. Once the salmon fillets are done cooking, place them on a warm plate and set aside. Wipe out the pot and add a cup of water back to it and bring to a boil. Add your asparagus and cook for 4 minutes. This cook time will keep them crisp.
4. Fill the pot back up with water and cook your soba noodles according to the package. Drain the noodles and add them back to the pot and toss them in the left over lemongrass sauce.
5. To make the cucumber slaw, use a spiralizer to make cucumber noodles, or you can use a mandolin to slice them thin and in long strands. Add them to a mixing bowl and toss them in the Garlic Expressions dressing, lemon juice and salt and pepper. Top with chives.
6. Add noodles to the middle of a plate or bowl and a salmon fillet on each side. Add asparagus to one side and cucumber slaw to the other.