



SALMON BUDDAH BOWL

Serves 2 | 10 minutes prep time | 12-15 mins cooking time

Ingredients

- 2x pieces of salmon (120 - 170g per piece) or substitute with firm tofu if you are vegan
- 90g soba noodles
- Extra virgin olive oil
- Lemon
- 1 cup shredded purple cabbage
- 1 cucumber
- 1 cup of grated carrot
- Handful of cherry tomatoes
- 125g corn kernels
- Nuts & seeds to top
- Salt & pepper

Method

- Pre heat oven to 180 degrees if you are making the recipe with the salmon
- Prepare salads - slice up or grate the purple cabbage, cucumber, cherry tomatoes, carrot. Rinse and drain the corn kernels.

- Put a pan on the stove top, heat on a high heat.
- Add 2 cups of water to a saucepan, place on the stove top with the lid on, on a high heat. Bring water to the boil.
- Drizzle the salmon with extra virgin olive oil, Add salt and pepper.
- Once the pan is hot, add the salmon to the pan, face down for 1 minute. Turn over for another minute. Sear sides for 30 seconds each if you have a thick piece of salmon.
- Place the salmon on a tray with baking paper and put it in the oven for 10-12 minutes depending on how big the piece is and how you like it cooked.
- Once water has boiled, add soba noodles to the boiling water for 4 minutes. Once they are ready rinse and drain them.
- While the salmon and soba noodles are cooking, start to prepare your salad bowl – you want half your bowl to be filled with the various colours.
- Once the soba noodles are ready place them in the bowl, they should take up about ¼ of your plate.
- Add the salmon once it is ready.
- Drizzle some extra virgin olive oil over the salad and soba noodles. Squeeze the juice of ½ a lemon over the dish. Sprinkle a nut and seed mix on top for extra crunch and healthy fats,

If having tofu instead of salmon, no need to turn the oven on. The cooking process for this is simply pan frying in a pan, on a high heat. Make sure the pan is hot before adding the tofu to create a firm, crispy texture. Add olive oil to the pan rather than drizzling it on the tofu. Cook for approximately 2 minutes each side, but monitoring so it does not burn

