



Steamed salmon with miso

Serves 2

Preparation time 10 minutes

Cooking time 35 minutes

Ingredients

1 large sheet dried kombu (seaweed)
6 dried shiitake mushrooms
1 small shallot, peeled and thinly sliced
1 small knob fresh ginger (15g/1/2oz), thinly sliced
750ml/25fl oz/3 1/8 cups water
110g/4oz buckwheat soba noodles
2 x 110g/4oz organic salmon fillets
1 head of pak choi (110g/4oz), leaves separated
2 tsp low-salt soy sauce (optional)
Small bunch coriander, to serve

To make your steamed salmon with miso

1. Put the kombu, mushrooms, shallot, ginger and water in a saucepan and place over a medium heat. Bring up to a simmer, cover and cook for 20 minutes.
2. Meanwhile, cook the noodles in plenty of boiling water for 3–4 minutes, then drain and rinse with cold water.
3. Put the salmon fillets skin side down in a steamer that fits snugly over a saucepan. Put the steamer over the saucepan and cover with the lid. Cook for 10–12 minutes until the salmon is opaque and just starting to flake. Remove the steamer and keep the salmon warm.
4. Strain the stock and reserve the mushrooms. Put the stock back in the saucepan and add the pak choi. Simmer over a medium heat for 1 minute. Slice the mushrooms and add to the stock, along with the noodles and soy sauce (optional). Ladle the soup into wide bowls and top with the salmon. Sprinkle over the coriander leaves.