Japanese Salmon & Soba Noodles

(Makes 4 servings - can be kept in the fridge for up to 2 days)

Ingredients - Teriyaki Marinade

4 cloves garlic, crushed or minced
1 (2 inch) piece of fresh ginger, grated
2 Tbsp dark soy sauce
3 Tbsp light soy sauce
1.5 Tbsp honey
2 Tbsp rice vinegar (Mirin)
1 Tbsp sesame oil

Ingredients - Soba Noodles

1 Tbsp sesame seeds
300g soba noodles
2 Tbsp rice wine vinegar (Mirin)
4 Tbsp light soy sauce
1 Tbsp honey
2 Tbsp sesame oil
8 spring onions

Ingredients - Salmon

4 fillets of salmon
1 small carrot, peeled and cut into 1.5cm disks
200g fine green beans, washed and trimmed
Large pinch of salt

Instructions

1. Combine the ingredients for the teriyaki marinade in a mixing bowl. Add the salmon and evenly coat in the marinade. Set aside and allow to marinate for 20 minutes.
2. Preheat the oven to 200C.
3. Warm a dry saucepan over a high heat and toast the sesame seeds until golden brown. Transfer to a small bowl to cool.
4. Bring a saucepan of water to a boil and add the soba noodles. Cook for 4 minutes (or according to the packet instructions). Drain the noodles and transfer to a bowl of cold water to cool.
5. In a serving bowl, mix together the remaining soba noodle ingredients.
6. Drain the noodles and add to the serving bowl. Toss the noodles in the mixture to evenly coat and set aside to soak up the flavours.
7. Bring another saucepan of water to a boil. Add a large pinch of salt, the green beans and carrots. Cook for 4-5 mins until tender.
8. While the vegetables cook, transfer each of the salmon fillets to separate, large squares of tin foil. Wrap the salmon in the foil to form an enclosed parcel.
9. Place the foil parcels on a baking tray and transfer to the oven*. Cook for 7 minutes (for pink inside - for well cooked, roast for 8-10 minutes).
10. Once the vegetables are cooked, drain and set aside.
11. Remove the cooked salmon from the oven
12. Arrange the noodles on each plate or bowl, place a fillet of salmon on top of the noodles with the cooked vegetables surrounding the noodles. Serve immediately.