

SALMON & SOBA

GET THIS

- 225g salmon, skin on
- 100g edamame
- 90g of rice/soba noodles
- 1 cup vegetables (red onion, capsicum and cucumber)
- 1 tsp garlic infused extra virgin olive oil
- 1 tbs soy sauce
- 1/2 lime

DO THIS

- Place salmon, skin side down into smoking hot, lightly oiled pan. Leave for 30 seconds, then turn heat down to medium
- Diced vegetables, and mix through soy sauce, garlic and lime juice
- Microwave edamame beans for 2 minutes (or until cooked through), and mix through
- vegetable mix
- Prepare noodles according to packet instructions
- Flip salmon, cook for further 1-2 minutes until cooked to your liking
- Serve salmon and vegetables on top of bed of noodles



Want a meal plan full of meals like this, perfectly calculated to your individual requirements? Hit the button!

 [Book Now](#)