

## Chili & Lime Grilled Salmon

Serves 4

1 lime, zest

1 long red chilli, finely chopped

4 x 100-120g fillets of salmon

1 large broccoli, cut into florets

2 cups mixed mushrooms, cut to similar size

1 clove garlic, sliced

1/2 tablespoon grated ginger

4 spring onions, finely chopped

2/3 packet soba noodles (or 100% buckwheat noodles)

2 tablespoons sesame seeds

4 tablespoons coriander

Dressing:

1/2 avocado

Juice of 1 lime

1 tablespoon mirin

1 teaspoon rice wine vinegar

1 teaspoon wasabi powder (or 1/2 - 1 teaspoon fresh wasabi)

Pinch of salt and pepper

1/4 cup



Combine the dressing ingredients in a food processor and process until combined and smooth (if you need to add a touch more water to make it pouring consistency then do this). Set aside.

Heat a small saucepan full of water to the boil and keep ready for the noodles. Meanwhile, coat the salmon with the lime zest, chilli and some coconut oil. Heat a fry pan to medium-high heat and grill the salmon for 5-7 minutes each side or until cooked through.

Add the noodles to the saucepan of water and cook according to packet instructions. Either in the same pan as the salmon if you used a large one or in a separate pan or wok, add the broccoli, mushrooms, garlic, ginger and spring onions and stir fry for 4-5 minutes or until tender.

Flake the salmon, if you wish, and plate up with the veggies and noodles, and drizzle over the dressing. Top with sesame seeds and coriander to serve.