

# Seared Salmon with Soy-Ginger Noodles

Adapted from Whole Foods Recipes

Serves 2

## Ingredients

1 package (8-10 oz) Soba noodles

2 (8 oz) salmon fillets *(I highly recommend fresh...I have tried this both ways)*

Salt and pepper to taste

2 tablespoons olive oil

1 Cup sliced mushrooms *(optional...I usually leave them out because Brandon does not like them)*

1/2 Cup sliced scallions

3/4 Cup snow peas

1/3 Cup Whole Foods Brand Soy Ginger Sauce

*(I have only tried this recipe with this brand sauce...it makes me nervous to try other brands because this type of sauce can vary so widely in taste...but if you like, be adventurous, and let me know your findings!!)*

## Directions

1. Prepare noodles according to package directions...be careful, soba noodles cook super fast!! Drain.
2. Season salmon with salt and pepper. Heat a sauté pan to medium-high heat. Add olive oil, then sear salmon about 4 minutes per side or until desired doneness. Remove from pan and keep warm.
3. In the same pan (with a little water, if needed), sauté mushrooms until soft. Add scallions and snow peas, and sauté until just tender. Add cooked noodles and enough soy ginger sauce to coat all ingredients...you should not need more than a couple of tablespoons of sauce. Warm until heated through.
4. Transfer noodle mixture to a platter or individual plates. Carefully place seared salmon on top. Serve immediately.