









Steamed Orange Glazed Salmon with Soba Noodles, Snow Peas & Broccoli



 **2 Serves**
 **15 min prep**
 **10 min cooking**
 **332 cal/serve**

Nutritional Information Per Serve
Calories 332 // Protein 26.0g //
Fat Total 11.3g // Fat Saturated 2.9g //
Carbohydrates 29.2g // Sugars 9.0g //
Sodium 225.5mg // Dietary Fibre 6.1g

*This recipe has 2 serves

-  High in Protein
-  Low In Carbohydrates
-  High in Fibre
-  Low In Sodium

Ingredients

- 1/4 Cups Freshly Squeezed Orange Juice (60g)
- 2 Teaspoons Brown Sugar (8g)
- 1 X 2cm pieces Ginger (10g), finely grated
- 2 Teaspoons Reduced Salt Soy Sauce (10g)
- 150g Atlantic Salmon Fillets, skinless
- 60g Uncooked Soba Noodles
- 85g Snow Peas
- 200g Broccoli, cut into small florets
- 2 Shallot (6g), chopped

Method

- 1 Combine orange juice, sugar, ginger and soy sauce in a small bowl. Microwave on high for 2 minutes, or until slightly reduced and syrupy.
- 2 Place a steamer over a saucepan of gently simmering water, ensuring base of steamer is not touching the water. Line base with a piece of baking paper. Place salmon onto paper and drizzle with 1 tablespoon of orange mixture. Cover and steam for 6-8 minutes or until cooked to your liking. Remove salmon and set aside to cool. Break into large flakes.
- 3 Meanwhile, cook noodles in a large saucepan of boiling water for 4 minutes, adding snow peas and broccoli for last 2 minutes of cooking time. Drain into a colander and rinse under cold running water. Drain well.
- 4 Place noodles, vegetables, salmon, shallots and remaining dressing in a large bowl. Gently toss to combine, and serve.

Voome Tips

Steaming is a wonderful way of cooking without adding fat, and you can add flavour with the addition of herbs, spices or marinades.

Shallots are the long, green, thin variety.

Image serve size is indicative only. Follow your recipe serving size instructions and method.

All recipes are written for conventional ovens. If you have a fan-forced oven, please decrease the stated temperature by 20°C

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