

# Baked Salmon Fillet

with Thyme and Ginger,  
Served with Tossed Buckwheat Noodle



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## Ingredients:

- Salmon fillet 300gm (2 fillets of 150gm each)
- Olive oil 1 tsp
- Thyme (fresh or dried) 1 tsp
- Ginger (sliced) 10gm
- Soya sauce 2 tbsp
- Sugar 1 tsp
- Red cabbage (sliced) 50gm
- Carrot (sliced) 30gm
- Buckwheat/Soba noodles (cooked) 200gm
- Black vinegar 1 tbsp
- Seasoning (salt/pepper) to taste

## Method of cooking:

- Marinate the salmon with olive oil, thyme, ginger and seasoning
- Bake salmon fillet in 180°C for 5 to 6 minutes
- While salmon is being baked, mix the soya sauce, vinegar and sugar together as dressing for noodles Mix the buckwheat noodles with prepared dressing, add in red cabbage and carrot, place noodles into bowl
- Serve baked salmon with noodles

## Tips

- For optimal cooking result, always pre-heat your oven before placing any dishes into the oven

Option:  
Salmon Fillet  
can be replaced  
with Pork/  
Lamb/Beef/  
Chicken



Serving Size: 2 pax

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