

Miso-Lime Salmon Soba Noodle Bowl



If you're looking for an Asian-inspired dinner that's both indulgent and balanced, this bowl of soba noodles with salmon, coated in a creamy miso-lime sauce, is just what you need. Made with tender salmon and crunchy vegetables, it offers a delicious homemade alternative to restaurant dishes that are often too high in sodium, while also being an excellent source of fibre and protein. An option approved by our dietitians, ideal for those looking to better manage their sodium intake, particularly in the context of [high blood pressure](#).

Preparation 15 min

Cooking 12 min

Servings 4

Nutrition Facts (per serving)

Calories 650

Fat 29

Carbohydrates 60

Fibre 10

Protein 38

Sodium 500

Ingredients

- 250 g (1 package) soba noodles (100% buckwheat ideally)
- 450 g fresh salmon fillet, cut into 2 cm cubes
- 3 bok choy, cut into quarters or eighths depending on their size

- 1 red bell pepper, cut into thin strips
- 15 ml (1 tbsp) toasted sesame oil
- Pepper and salt, to taste

Miso-Lime Sauce

- 30 ml (2 tbsp) white miso paste
- 30 ml (2 tbsp) almond butter (or tahini)
- Juice of 2 limes (or 4 tbsp / 60 ml)
- 15 ml (1 tbsp) fresh ginger, finely chopped
- 15 ml (1 tbsp) maple syrup
- 125 ml (½ cup) cooking water from the noodles (reserve)

Topping

- 125 ml (½ cup) fresh cilantro and/or mint, chopped
- 60 ml (¼ cup) cashews, toasted and crushed

Preparation

1. In a large pot of boiling water, cook the soba noodles according to package instructions (about 5 minutes). Before draining, reserve 125 ml (1/2 cup) of the cooking water. Rinse the noodles under cold water to stop the cooking and prevent sticking.
2. In a small bowl, mix all the sauce ingredients. Gradually add the reserved cooking water until a creamy texture is reached.
3. In a large skillet, heat the toasted sesame oil over medium-high heat. Brown the salmon cubes for about 2 to 3 minutes. Season with pepper and salt. Add 30 ml (2 tbsp) of sauce to caramelize the fish. Remove the salmon from the skillet (it should still be slightly pink in the center) and set aside.
4. In the same skillet, cook the bell pepper and bok choy for 3 to 4 minutes.
5. Add the noodles and salmon to the skillet with the vegetables. Pour in the remaining sauce and gently toss for 1 minute to coat and reheat.
6. Divide into bowls and garnish with cilantro and/or mint as well as toasted crushed cashews.

Notes

Keeps for 3 days in the refrigerator. For maximum crunch, add fresh herbs and cashews just before serving.



Gabrielle Simard – Créatrice culinaire