



## Hot-Smoked Trout and Soba Noodle Salad with Sesame Seeds

Preparation time: 5 minutes | Cooking time: 3 minutes | Serves: 5

500g soba noodles  
3 cups baby rocket leaves  
5 green shallots, finely sliced

¼ cup toasted sesame seeds  
450g hot-smoked trout, flaked  
Japanese mayonnaise, to serve

- 1 Cook the noodles in a saucepan of rapidly-boiling salted water until just tender, then drain well and refresh under cold running water.
- 2 Mix noodles with the rocket, shallots, sesame seeds and trout, then drizzle with the Japanese mayonnaise.

**Handy Tip:** Take on the go in your leak-proof and airtight **Glass Lunch™ 1L**.

