

In the Kitchen with **Fast Ed**



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.

Fast Eds Note: Take on the go in your leak-proof and airtight **Glass Lunch™ 1L**.



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