

# Furikake-Topped Salmon

*with Fresh Edamame & Miso-Sesame Black Noodles*

Furikake, though it may sound strange, is actually a commonplace seasoning in Japan. In many restaurants, you'll find a shaker of it right alongside the salt and pepper. A bright mixture usually containing seaweed, dried shiso leaf and sesame seeds, it was originally used as a way to "spice up" rice. But its complexity adds layers of flavor wherever it goes. In this dish, you'll make tender salmon and a delicious miso-dressed noodle salad. And, of course, you'll top it all off with a sprinkle of furikake.



## Ingredients

- 2 Skinless Salmon Fillets
- 6 Ounces Black Rice Noodles
- 3 Scallions
- 2 Cloves Garlic
- 1 Kirby Cucumber
- 1 Large Bunch Cilantro
- ¼ Pound Edamame, In Shells

## Knick Knacks

- 2 Tablespoons White Miso Paste
- 2 Teaspoons Furikake
- 1 1-Inch Piece Ginger
- 1 Tablespoon Sesame Oil

Makes 2 Servings

About 700 Calories Per Serving





1



## Prepare the ingredients & make the dressing:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Remove the salmon from the refrigerator to bring to room temperature. Cut off and discard the roots of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Peel and mince the garlic and ginger. Halve the cucumber lengthwise; scoop out and discard the seeds. Slice the cucumber on an angle. Pick the cilantro leaves off the stems; discard the stems and roughly chop the leaves. In a small bowl, whisk together the **miso paste**, **sesame oil** and **½ cup of hot water** until smooth.

2



## Cook the edamame:

Once the water is boiling, add the **edamame**; cook 1 to 2 minutes, or until the pods open easily and are tender. Drain and rinse thoroughly under cold water. Rinse and refill the pot with salted water; heat to boiling on high. When the pods are cool enough to handle, shell the beans. Once shelled, remove the thin, outer skin surrounding each bean; discard the empty pods and skins.

3



## Cook the aromatics:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **garlic**, **ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Transfer the cooked aromatics to a large bowl. Wipe out the pan.

4



## Make the noodles:

Add the **black rice noodles** to the pot of boiling water; cook 5 to 6 minutes, or until tender. Drain thoroughly and rinse under cold water. Add the cooked noodles to the bowl of **cooked aromatics**. Add the **cooked edamame**, **cucumber**, **cilantro**, **half of the green tops of the scallions** and **half the furikake**. Add in enough **dressing** to coat the noodles. Toss until thoroughly combined. Season with salt and pepper to taste; set aside as you continue cooking.

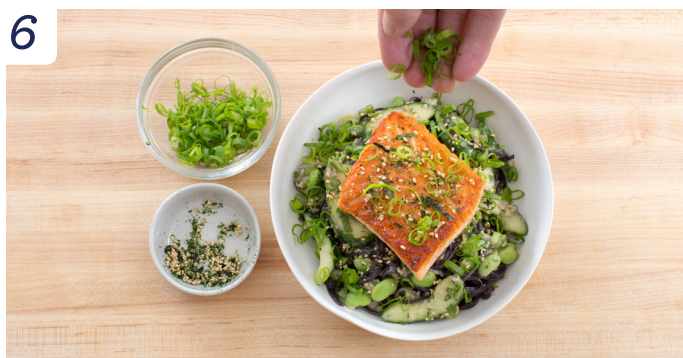
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## Cook the salmon:

Pat the **salmon** dry; season both sides of the fillets with salt and pepper. In the same pan used to cook the aromatics, heat 2 teaspoons of oil on medium-high until hot. Add the **seasoned salmon** and cook 3 to 5 minutes per side, or until cooked to your desired degree of doneness. Remove from heat.

6



## Plate your dish:

Divide the **dressed noodles** and **cooked salmon** between 2 dishes. Garnish with the **remaining green tops of the scallions** and **furikake**. Enjoy!