

 4 servings

 20 mins prep

 5 mins cooking





# Smoked Trout and Snow Pea Noodle Salad

## INGREDIENTS

2 390g pkt Changs Low Cal Thin Noodles  
350g smoked trout skin, bones removed  
85g snow peas, trimmed, blanched  
½ 250g punnet cherry tomatoes, halved  
2 spring onions, sliced  
½ bunch coriander, leaves picked  
1 garlic crushed  
2 tbs vegetable oil  
1 tbs mirin  
1 tbs rice vinegar  
1 tbs tamari  
1 tsp sesame oil

## DIRECTIONS

1. Rinse noodles in cold water, then drain well. Place in large bowl. Flake trout into large pieces. Add trout, snow peas, tomato and ¾ of spring onion to bowl
2. Make dressing combining garlic, vegetable oil, mirin, rice vinegar, tamari and sesame oil
3. Pour dressing over salad and toss to combine. Sprinkle remaining spring onion and coriander. Season and serve

## NOTES