

# Japanese Inspired Salad with Salmon & Miso Dressing

Serves: 4

Prep: 10 minutes

Cook: 15 minutes



Ingredients	Metric	Imperial
Hot smoked salmon (or cooked fresh salmon), flaked apart	300 g	10.6 oz
Vermicelli rice noodles, cooked and drained	100 g	3.5 oz
1 baby cos (romaine) lettuce, finely shredded	150 g	5.3 oz
1 small avocado, thinly sliced	160 g	5.6 oz
¼ small red cabbage, finely shredded	185 g	6.5 oz
2 large carrots, grated or finely julienned	150 g	5.3 oz
Firm tofu, cooked to your liking	100 g	3.5 oz
1 cup small broccoli florets, blanched	100 g	3.5 oz
1 tbsp black sesame seeds	12 g	0.4 oz
<b>Dressing:</b>		
1 tbsp miso paste	6 g	0.2 oz
1 tbsp rice wine vinegar	20 g	0.7 oz
1 tbsp lime juice	20 g	0.7 oz
½ tsp fresh ginger, finely grated	2.5 g	0.1 oz
2 tbsp dark sesame oil	40 g	1.4 oz
1 tbsp garlic-infused olive oil	18 g	0.6 oz
2 tbsp plain yoghurt	40 g	1.4 oz

## Method

1. Prepare all salad ingredients as listed above.
2. Add salad ingredients to a large bowl and toss to combine.
3. Add all dressing ingredients into a small jug and whisk until well combined.
4. Pour dressing over salad and stir to coat evenly prior to serving.

Nutrition Information (per serve)	
<b>Energy</b>	2318 Kj / 554 cal
<b>Protein</b>	29.80g
<b>Carbohydrates</b>	26.20g
<b>Sugar</b>	4.00g
<b>Total Fat</b>	35.60g
<b>Saturated Fat</b>	7.10g
<b>Fibre</b>	7.70g