

Salmon with Sesame Noodles

1 pound of noodles (thin spaghetti, rice noodles, whole wheat whatever you like), cooked to just al dente and drained

1 red bell pepper, cut into thin strips

A couple handfuls of sugar snap peas, blanched and cooled (Note: I cook these for a couple of minutes in the salted pasta water and then shock them with ice cold water to keep them green and crisp)

6 scallions, trimmed and thinly sliced

For the Sauce

1/4 cup low-sodium soy sauce

2 tablespoons sugar, honey or agave syrup

4 cloves garlic, minced

1 inch knob of fresh ginger, peeled and minced

2 tablespoons rice vinegar, seasoned or natural, your choice

3 tablespoons pure sesame oil (do NOT over do this)

½ to 1 teaspoon of Sriracha sauce (or to taste)

½ teaspoon black pepper

¼ cup neutral oil such as grapeseed oil, peanut oil, or canola

Directions

Make the sauce by whisking all ingredients together in a bowl. Taste and adjust seasoning as needed. Get the pot of water going for the pasta, add a generous amount of salt (at least 2 tablespoons – It's ok you're salting the water, not the dish). Blanch the peas in the water for just a couple of minutes. Cook the pasta until al dente. You do not want mushy noodles. Drain the pasta. Pour sauce over warm noodles and toss to coat. Sprinkle with red pepper strips, the peas and green onions. Toss, top with cooked salmon and serve.