



SALMON & MANGO SALADS

WITH CRISPY NOODLES

DIFFICULTY: Easy | SERVES: 4 | READY IN: 25 minutes

I love my salads packed with delicious ingredients, and these salmon and mango salads definitely fit that description! Mango and crispy noodles are such yummy additions.



1. PREPARE SALAD

Slice cucumber into rounds, cut capsicum into strips and finely dice onion. Cut mango flesh into strips and dice feta. Divide lettuce between individual serving plates and top with cucumber, capsicum, onion, mango and feta.

2. COOK SALMON

Season salmon all over with salt and pepper. Heat oil in a large frying pan over medium-high heat. Add salmon, skin side down, and cook for 3-4 minutes, until crispy. Turn over and cook for a further 2 minutes, or until salmon is cooked to your liking. Sear the sides as well if you like. Set aside to rest for 5 minutes (preferably upside down, so the skin stays crispy).

3. MAKE DRESSING

Whisk together yoghurt, aioli, water and mustard. Season to taste with salt and pepper.

4. SERVE

Top salads with salmon and drizzle with dressing. Finish with a generous handful of crispy noodles.

SALAD

- 1/3 telegraph cucumber
- 1/2 red capsicum
- 1/3 red onion
- 1 mango
- 100g feta cheese (3.5oz)
- 80g mesclun lettuce (2.8oz)
- 100g crispy noodles, any flavour (3.5oz)

SALMON

- 500g salmon fillets, de-boned (1lb 2oz)
- 1 tsp olive oil

DRESSING

- 1/3 cup plain, unsweetened yoghurt (80ml)
- 3 Tbsp aioli
- 1 1/2 Tbsp cold water
- 1 Tbsp wholegrain mustard



WINE MATCH: A Pinot Gris pairs nicely with this meal.

SALMON AND MANGO SALADS RECIPE NOTES

GLUTEN-FREE OPTION: Try one of these substitutes for crispy noodles: crushed gluten-free tortilla chips or kumara crisps; a handful of roasted almonds, cashews or macadamia nuts; a sprinkle of toasted buckwheat; cooked brown rice or quinoa. Ensure aioli is gluten-free.

INGREDIENT SWAPS / NOTES: You can use canned, sliced mango if you can't find fresh mango. If you don't like salmon, these salads are just as nice with chicken tenderloins or boneless, skinless chicken thighs. Make sure you cook them all the way through. For an easier option, use smoked chicken (lightly pan fry or serve cold).

BULK IT UP: This is a reasonably light meal. You could bulk it up by adding some cooked rice - try a 250g / 8.8oz microwave pouch of brown rice and quinoa. Roast kumara or fresh bread are also nice additions. Alternatively, for a lower carb option, add a handful of roasted almonds or cashews.

STORING AND REHEATING: Store salad, salmon and dressing separately. Salmon can be eaten cold or warmed up. I like to warm it up in the oven - try 180°C / 360°F on a rack set over a roasting dish for 10 minutes (this helps to keep the skin nice and crisp). Add noodles to salad just before serving.