

Miso ramen with salmon and silken tofu

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Looking for healthy Chinese recipes that are BIG on flavour? Try miso ramen with salmon and silken tofu.

Ingredients (serves 4)

- 200g fresh [salmon](#) fillet, thinly sliced
- 100ml Obento rice wine vinegar
- 4 packs x 20g Hikari instant miso soup sachets
- 4 cups water
- 1 packet Hakubaku organic ramen noodles
- 200g silken tofu, cubed
- 2 tsp salt-reduced soy sauce
- Spring onion

Method

Place the sliced salmon into a small bowl with the rice wine vinegar.

Combine the miso sachets with four cups of water and bring to the boil while stirring. Reduce heat to simmer.

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Heat a non-stick pan or griddle plate over a medium heat and brush with a little oil and sear salmon for 30 seconds on each side.

Prepare ramen as per packet instructions. Add the noodles to soup and heat through for one minute. Gently stir in the tofu and soy sauce then heat for one minute.

Ladle the soup and noodles into the serving bowls and top decoratively with Salmon and serve garnished with spring onion.

Note: Salmon may be replaced with tuna or white fish as required. If sashimi is preferred, skip step three.

Recipe from [Oriental Merchant](#)

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