

Crunchy Noodle Smoked Fish Salad

Serves 4

2 Tablespoons sunflower kernels
100g nuts
1 packet 2 minute noodles (broken up)
1 fillet Smoked Fish
½ bunch Bok Choy
4 Shallots (Chopped fine)

Dressing

Mix together

2 tablespoons white vinegar
½ cup brown sugar
2 teaspoons soy sauce (or to taste)
½ cup olive oil

Place sunflower kernels, nuts and noodles on a tray and roast in oven until crisp. Allow to cool.

Cut down centre of fish fillet to simply remove bones and cut into bite size pieces.

Place greens and dry ingredients in a large salad bowl and mix together pieces of fish and dressing when ready to serve.