

NOURISHING NOODLE BOWL

Serves: 1 person – Time: 25 minutes

CONTAINS

Vitamins A, B group, C, D, and K, selenium, omega-3 fatty acids, potassium, glucosinolates

INGREDIENTS

1 skinless **salmon fillet**, about 4 ounces • 3 tablespoons soy sauce
3 1/2 ounces medium-wide flat rice noodles • 2 tablespoons peanut
or any other flavorless oil, plus more for tossing • 1 small bunch
bok choy, leaves separated • A pinch of chile flakes

POTENTIAL BENEFITS

*protects against cardiovascular disease and
cancer • supports eye
and joint health
• anti-inflammatory*

Place the salmon in a shallow bowl, pour over half the soy sauce, and turn to coat. Set aside. Meanwhile, soak the noodles in boiling water for 5 minutes, then rinse and toss with a splash of oil. Set aside. Heat 1 tablespoon of the oil in a frying pan and cook the salmon for 2 to 3 minutes on each side, until just cooked through. Flake the fish and set aside. Wipe out the pan, add the remaining oil, and stir-fry the bok choy for 1 minute. Add the noodles, chile flakes, salmon, and remaining soy sauce and gently toss. Serve immediately.

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