

# Soy & Sesame Baked Mullet with Soba Noodle, Spring Onion & Asparagus Salad

*Red mullet is a surprisingly under-used fish considering how absolutely delicious it is. It is succulent and meaty with big bones that are easy to manage. The meatiness beautifully complements the rich Asian tang, while creating a light and zesty spring atmosphere.*

## **Ingredients** (serves 4)

- ~ 100 ml soy sauce
- ~ 100 ml water
- ~ 1 tbsp sesame oil
- ~ 2 tsp sesame seeds
- ~ 30 g fresh ginger root, grated
- ~ 4 limes (2 to serve)
- ~ 2 cloves garlic, finely chopped
- ~ 25 g chopped coriander, including stalks
- ~ 4 whole red mullet, scaled and gutted
- ~ 300 g soba noodles
- ~ 6 spring onions
- ~ 8 asparagus spears
- ~ 200 g spring greens, roughly shredded
- ~ Sunflower oil

## **Method**

Bring the soy sauce, water, sesame oil, sesame seeds, ginger, juice of 2 limes and garlic to the boil, immediately put aside and let cool completely. Add half the coriander. Pour over the mullet (keeping a few tablespoons of the soy marinade for the noodle salad) and place in the fridge for a few hours.

Bring a large saucepan of water to the boil. Cook the soba noodles for 7-9 minutes or until soft. Drain and refresh immediately with cold water. Top, tail and cut the spring onions in half and do the same with the asparagus spears. Bring another saucepan of water to the boil, and blanch the asparagus and spring onions, together with the spring greens, for about 4 minutes. Put aside.

Take the mullet out of the marinade. Heat a frying pan, add a little sunflower oil, and place the fish in, away from you so you don't get any hot oil on you, and fry until golden brown, about 5 minutes on



each side, being careful not to burn the skin.

Place the drained noodles in a mixing bowl, add the asparagus, spring onions, spring greens and toss in the remaining soy dressing. Serve the fish with half a lime each and some coriander leaves.

