

## THE WAY THE COOKIE CRUMBLES



### **Soba Bowls with Tea-Poached Salmon and Roasted Broccoli** (rewritten but barely changed from Sara Forte's *The Sprouted Kitchen*)

Serves 4

I used about 6.5 ounces soba instead of 9.5, and it seemed like a fine amount.

3 tablespoons toasted sesame oil  
2 tablespoons tahini  
2 tablespoons agave nectar  
grated zest and juice of 1 lime  
3 tablespoons tamari or soy sauce  
2-inch piece fresh ginger, peeled and finely grated  
1 bunch or 2 small crowns broccoli, chopped into approximately 1-inch florets  
2 teaspoons extra-virgin olive oil  
pinch of sea salt  
3 green tea bags  
1 tablespoon peppercorns  
½ cup mirin or dry white wine  
1¼ pound salmon fillet  
1 (9.5-ounce) package soba noodles  
4 green onions, white and green parts, thinly sliced  
½ cup coarsely chopped fresh cilantro  
¼ cup white or black sesame seeds

1. Place a rimmed baking sheet in the oven and heat the oven to 425 degrees.
2. In a small bowl, combine the sesame oil, tahini, agave nectar, lime juice and zest, soy sauce, and ginger. Set aside.
3. Remove the hot baking sheet from the oven. Spread the olive oil on the sheet, then add the broccoli and a pinch of salt, tossing to coat the broccoli with oil. Roast until the broccoli is tender and caramelized, about 15 minutes, stirring once.
4. Bring a large pot of salted water to a boil.
5. In a medium skillet, bring 1 cup of water to a simmer. Add the tea bags and peppercorns, cover, reduce to the heat to low, and let steep for 3 minutes. Discard the tea bags and add the mirin to the skillet. Place the salmon in the liquid, skin-side down. Cover and cook over low heat until the salmon flakes and is no longer translucent in the middle, 8-10 minutes.
6. Cook the noodles in the boiling water according to the package instructions, 4-5 minutes. Drain and briefly rinse.
7. Remove the skin from the salmon and transfer the meat to a large bowl, breaking it into large chunks. Add the broccoli, noodles, dressing, green onions, and half the cilantro to the bowl; toss to combine. Top with the remaining cilantro and sesame seeds; serve.