



Cold soba noodle salad

Serves 24 - 30 tastes

Source: Adapted from sbs.com.au Nicole Gulotta



Ingredients

Salad

225g dried soba noodles
2 large handfuls spinach
1 bok choy
2 Lebanese cucumbers
2 spring onions, sliced
1 carrot, grated
2 tablespoons toasted sesame seeds

Dressing

¼ cup rice vinegar
Zest from 1 lemon
3 tablespoons lemon juice
2 tablespoons soy sauce
2 teaspoons castor sugar
2 teaspoons finely grated ginger
¼ teaspoon sesame oil
3 tablespoons canola oil

Equipment

Measuring cups and spoons
Mixing bowls

Knives
Chopping boards
Box grater

Saucepan
Juice squeezer
Microplane (for ginger and lemon zest)

What to do:

- Place the saucepan full of water on the stove and with a high heat, bring it to the boil.
- Wash and trim the bok choy
- Once the water is boiling, add the noodles and bok choy, bring to back to the boil and simmer for 2 minutes. Drain and then plunge the bok choy and noodles into a bowl of very cold water, you need to stop the cooking process. You may need to change the water more than once as they cool down.
- Grate the carrot, and dice the cucumbers finely. Slice the spring onions finely.
- When the noodles and bok choy are cooled, remove the bok choy and slice thinly.
- Place the drained noodles, bok choy, carrot, chopped spinach, cucumber and spring onions in a bowl, toss gently to combine.
- Toast the sesame seeds in a dry frying pan, over a low heat with a wooden spoon, keep the seeds moving or they will burn. When they are toasted remove them from the frying pan onto a plate to cool.
- Make the dressing by combining all ingredients in a bowl and whisking well together.
- Pour the dressing over the noodles and vegetables and toss gently.
- Divide into serving bowls and top with a sprinkle of sesame seeds, serve.