

PEANUT SOBA NOODLE SALAD

INGREDIENTS

SOBA NOODLE SALAD

190g Soba noodles
40g Red cabbage, shredded
80g Cucumber
80g Carrot
40g Radish
40g Wombok
Coriander
Mint

PEANUT DRESSING

1/3 cup Peanut butter
2 tablespoons Lime juice
2 tablespoons Apple cider vinegar
2 tablespoons Soy sauce
3 tablespoons Brown sugar
2 teaspoon Ginger, minced
1 teaspoon Sesame oil

PLATING UP

Black sesame seeds
White sesame seeds
Fresh coriander
Peanuts, toasted

METHOD

SOBA NOODLE SALAD

1. Bring water to the boil in a large pot, add salt to season the water. When the water is boiling, add the soba noodles to the pot and cook for 3 to 4 minutes. Drain and rinse in a colander and set aside.
2. Using a mandoline slicer or sharp chef's knife, finely shred the red cabbage and wombok then add to a large mixing bowl.
3. Chop the carrot and cucumber into thin matchsticks, finely slice the pink radishes, then add all vegetables to the bowl.
4. Add the cooked and cooled soba noodles to the bowl. Add roughly chopped fresh mint and fresh coriander to the bowl.
5. For the dressing, add all ingredients to your blender and blitz until smooth. Add a splash of water as needed to reach the desired consistency.
6. Massage the dressing through the salad. Then continue with plating up the salad by neatly placing in the centre of the plate and keep it quite high. Garnish the salad with toasted sesame seeds, chopped peanuts and fresh coriander.

*Option for reducing food prep and food waste:

7. To pickle the carrot and radish: 900g carrots, 900g radish, 1 cup white sugar, 2 teaspoons salt, 2 1/2 cups white vinegar, 2 cups hot water. Finely chop the carrots and radishes and add to bowl. Massage the vegetables with salt and a third of the sugar. Combine remaining sugar, vinegar and hot water, stirring until sugar is dissolved. Combine everything together and store in an airtight jar in the fridge.