

INGREDIENTS

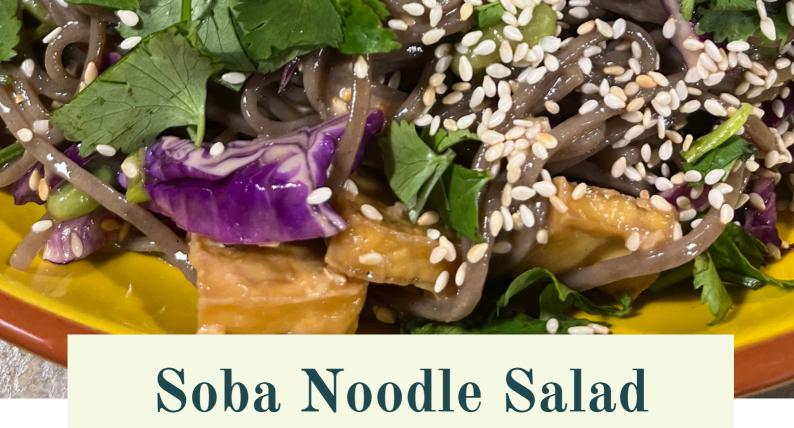
- 400g soba noodles
- 1/4 1/8 red cabbage, shredded
- 1 red capsicum, sliced thinly
- 1 cup broad beans or edamame, blanched and shelled
- 3 shallots, thinly sliced
- 1/2 cup coarsely chopped coriander

- 1/3 cup toasted sesame seeds
- 150ml light soy sauce
- 100ml rice vinegar
- 100ml grapeseed oil
- 11/2 tbsp tahini
- 1 tbsp finely grated ginger
- Sprinkle chilli flakes (optional)
- Freshly ground black pepper



Recipe by Melinda Essey www.paddysmarkets.com.au





METHOD

- 1. Put a large saucepan of water on to boil for the noodles.
- 2. Meanwhile, in a large bowl, whisk together the dressing ingredients until smooth. Season with black pepper.
- 3. Cook the noodles until just tender (4-5 minutes), adding the beans in the last minute of cooking. Drain and refresh under cold running water.
- 4. Pour the noodles into the dressing and mix well to combine.
- 5. Add the cabbage, capsicum, bean, shallots and half the seasome seeds and mix again. Serbve garnished with the coriander and remaining seasome seeds.



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INGREDIENTS

- 1/4 red cabbage, sliced finely
- Large handful of spinach or watercress or other dark leafy green
- 2 blood oranges
- 2 radish, thinly sliced
- 2-3 shallots, thinly sliced
- Handful of kalamata olives,
 pitted and roughly chopped

- Handful fresh mint
- Handful fresh parsley
- 2 tsp of grain mustard
- 2 tbsp white wine vinegar
- 2 tsp maple syrup
- 3 tbsp orange juice
- 4 tbsp olive oil
- Salt
- Pepper

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METHOD

- 1. Into a small jar pour the mustard, white wine vinegar, maple syrup, orange juice, oil and a good pinch of salt and a grind of fresh black pepper. Screw on the lid and shake well.
- 2. Massage the dressing into the cabbage and leave to marinate while you prepare the other ingredients.
- 3. When ready to serve, toss the remaining salad ingredients with the cabbage, reserving a sprinkle of parsley and mint for garnish.
- 4. Transfer to a serving bowl or platter, garnish and serve.



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