



# Soba Noodle Salad

## 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
- 1 1/2 tbsp tahini
- 1 tbsp finely grated ginger
- Sprinkle chilli flakes (optional)
- Freshly ground black pepper

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Recipe by Melinda Essey  
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# Soba Noodle Salad

## 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 sesame seeds and mix again. Serve garnished with the coriander and remaining sesame seeds.

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# Red Cabbage & Blood Orange Salad

## 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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# Red Cabbage & Blood Orange Salad

## 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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