



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

Paddy's

Recipe by Melinda Essey
www.paddysmarkets.com.au

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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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Green Beans with Freekeh

INGREDIENTS

- 100g freekeh, rinsed and drained
- 700g young green beans, trimmed
- 20g mint
- 50g walnuts, toasted and roughly chopped (optional)
- Salt

Sauce

- 75g tahini
- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 1/2 tsp dried mint (or 3 tsp fresh)
- 1 large garlic clove, crushed
- 1 tsp maple syrup

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Green Beans with Freekeh

METHOD

1. Cook freekeh in a large saucepan of salted simmering water until al dente, 12–15 minutes. Drain and rinse under cold water; set aside.
2. Meanwhile, cook the beans in a small pot of boiling salted water until crisp-tender, about 4 minutes. Drain and transfer to a large bowl of ice water; let cool. Drain, then pat dry.
3. Whisk garlic, lemon juice, oil, tahini, mint, maple syrup, and 1 tsp. water in a large bowl; season with salt. Add the freekeh and beans and toss gently to coat; season with salt.
4. Serve topped with mint and walnuts if using.

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