



# Soba Noodle Salad

## INGREDIENTS

- 1 Lebanese cucumber diced
- 50g purple cabbage thinly sliced
- 1/2 large green capsicum diced
- 1/2 tomato sliced
- 1 spring onion sliced
- 2 bunches soba noodles cooked according to package instructions
- Coriander leaves

## Dressing

- 4 tbsp soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1/2 lime juiced
- 1 tsp honey
- 1 clove garlic finely grated
- 1/4 inch knob ginger finely grated
- 1.5 tsp gochujang
- 1 tsp toasted sesame seeds

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# Soba Noodle Salad

## METHOD

1. Cook the soba noodles according to package instructions, immediately transfer to an ice bath and let it cool down
2. Prepare the salad dressing by mixing all the salad dressing ingredients above
3. Assemble the salad with the cold soba noodles first then the vegetables and the dressing at the end.
4. Only add the dressing before serving and mix well.

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# Sri Lankan Pineapple Curry

## INGREDIENTS

- 1/2 large pineapple cut to bite size chunks
- 1.5 tsp curry powder
- 1tsp roasted curry powder
- 1.5 tsp chilli powder
- 1/2 tsp turmeric
- 2/3 tsp black pepper
- 2 large Asian shallots sliced
- 4 garlic cloves sliced
- 4 green chilli sliced open
- 1/4 large onion sliced
- 1/4 large onion sliced
- 2/3 tsp mustard
- 1 cinnamon stick
- 2 cardamom pods
- 1 sprig curry leaves
- 1/4 pandan leaf
- Splash of water
- 100ml coconut cream + 50ml water or 150ml coconut milk
- Salt to taste
- 1 tbsp raw sugar
- Coconut oil

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# Sri Lankan Pineapple Curry

## METHOD

1. Add coconut oil to a pan on medium heat followed by mustard, cinnamon, cardamom, shallots and onions. Cook for 90 seconds
2. Add garlic, chilli, curry leaves and pandan leaf. Cook for 2 minutes.
3. Add the seasoned pineapple, mix and coat the spices well for about a minute
4. Add a splash of water, cover and cook for 5 minutes
5. Remove lid, add the coconut cream/milk and cook for 3-4 more minutes while continuously stirring. Add salt and sugar at the last minute.

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