

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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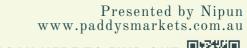


Soba Noodle Salad

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.









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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