

## Soba Noodles With Eggplant and Mango

### Equipment needed –

Large pot, small knives, chopping board, garlic crusher, measuring spoons and cups, 2 large plates, paper towel, 2 frying pans, colander, juicer, small saucepan, large bowl and 3 serving platters.

### Ingredients from the Garden –

- 2 cloves of garlic, peeled and crushed
- 2 eggplants, washed and cut into small cubes
- ½ fresh red chilli, washed, deseeded and finely chopped
- Zest and juice of 1 lime
- 2 mangos
- 1 small red onion, thinly diced
- 2 handfuls of basil, leaves washed picked and chopped
- 2 handfuls of coriander, leaves washed picked and chopped

### Ingredients from the Pantry –

- ½ cup of rice vinegar
- 1/3 cup of brown sugar
- ½ teaspoon of sea salt
- Olive oil for frying
- 1 teaspoon of sesame oil
- 1 packet of firm tofu, cut into small cubes
- 1 packet of dried soba noodles

### What to do –

1. Fill a large pot with water, add a generous pinch of salt and bring to the boil.
2. Cut the tofu into small cubes. Then wash and cut the eggplants into small cubes.
3. Heat a good lug of olive oil in a frying pan and lightly fry the tofu until crisp and golden. Place some paper towel on a large plate. Transfer the cooked tofu to this lined plate and set aside.
4. Once the water has come to the boil, cook the soba noodles in boiling water for a few minutes or until just tender. Drain the noodles in a colander over a sink and rinse with cold water. Shake off as much of the excess water as possible and set aside to dry. Sprinkle with a tiny amount of olive oil and toss to prevent the noodles from sticking together.
5. Heat some more olive oil in a frying pan and bring to a medium heat. Cook the eggplant in batches until crisp and golden. Transfer to another large plate lined with paper towels, sprinkle with a pinch of salt and set aside.
6. Meanwhile to make the dressing, measure out ½ cup of rice vinegar, 1/3 cup of brown sugar and ½ teaspoon of sea salt in a small saucepan over a medium heat. Cook stirring for about 1 minute or until the sugar dissolves. Remove from the heat.
7. Peel and crush 2 cloves of garlic. Add to the saucepan with the vinegar and sugar mix. Wash, deseed and finely chop the red chilli and add to the saucepan.
8. Measure out 1 teaspoon of sesame oil and add to the saucepan. Allow the dressing to cool.

9. Zest 1 lime and set the zest aside. Juice the lime and set aside. Once the dressing has cooled, add the juice and zest to the dressing.
10. Finely dice the red onion and peel and chop the mango into small pieces and set aside.
11. Wash, pick and finely chop the basil and coriander.
12. Transfer the noodles to bowl, add the eggplant, tofu, mango, onions, dressing and most of the chopped herbs. Toss well to combine and then divide the salad amongst 3 serving bowls and top with the remaining herbs.

**Serves –**

- 28 students.