



Soba Noodle Salad

Season: Winter/Spring

Serves: 4 to 6 at home, 30 tastes in classroom

Recipe source: recipe devised by Felicity (taken from several sources)

Fresh from the garden: cabbage, carrots, spring onions

The fresh vegetables can vary in type and amount, depending on what you have on hand. Fresh coriander is lovely, so too finely sliced snow peas, red capsicum, or red cabbage.

<p>Equipment: medium saucepan metric measuring scales, cups and spoons clean tea towel chopping board cook's knife colander mixing bowls – 1 large, 1 small serving bowl for each table</p>	<p>Ingredients: 270 g pack soba noodles Chinese cabbage, finely shredded Cucumber, deseeded and finely sliced Carrot, peeled and julienned or grated Spring onions, finely sliced Sesame oil to lightly coat cooked noodles</p> <p>Dressing: 2 TB mirin seasoning 2 TB rice wine vinegar 2 TB soy sauce 2 tsp sesame oil 2 tsp grated fresh ginger</p>
--	--

What to do:

1. Put a saucepan of water on to boil and boil noodles for 2-3 minutes.
2. Drain noodles and refresh in cold water. Drain again and toss with a little sesame oil to keep from sticking together. Place bowl of noodles in refrigerator.
3. Prepare all fresh vegetables as described in the ingredient list and keep together in a large bowl.
4. Prepare dressing by combining ingredients in a small bowl or an empty jar.
5. Just before serving toss together the noodles, the fresh vegetables and the dressing.
6. Plate up into serving bowls for the shared table.

Notes: Soba noodles are a type of Japanese noodles made from buckwheat. They give a delicious nutty flavour to noodle dishes.