**Soba Noodle Salad**

**Season:** Spring

**Serves:** 40 tastes

**Recipe source:** Adapted from Wholesome by Sarah

**Fresh from the garden:** broad beans, spring onions, herbs, limes, radish, carrots.

This recipe is very adaptable- you can add a variety of seasonal vegetables and/or proteins to taste.

|  |  |
| --- | --- |
| **Equipment:**  Chopping boards  Knives  Peelers  Vegetable shredder  Large saucepan  Small saucepan  Collander  Small mixing bowl  Large mixing bowl  Tongs  Whisk  Serving bowls | **Ingredients:**  500g Edamame or broad beans or a combination  6 spring onions, finely chopped  Handful coriander/mint  2 cups vegetables eg shredded carrot, sliced radish, cucumber  1-2 tablespoons black sesame seeds  Pickled ginger- optional  Wasabi peas- optional  Dressing  ½ cup Kewpie mayonnaise  1/3 cup soy sauce  2 tablespoons sriracha – or more to taste  2 x 270g packets soba noodles  2 limes, cut into small wedges |

**What to do:**

1. Wash and prepare vegetables- shred carrot, slice cucumber and radish, finely chop spring onion and tear herbs.
2. If using Edamame beans, cook as per packet directions. For the broad beans, bring a small saucepan of water to the boil. Pod beans and cook for about 2 minutes. Drain and immediately refresh under very cold water to stop the cooking. Double pod the beans- this means removing the outer skin from the beans to reveal the bright green bean inside. Place ¾ of the vegetables into a large mixing bowl. Reserve the remaining vegetables for garnish.
3. In another bowl, mix the dressing ingredients together and whisk until well combined.
4. Bring a large saucepan of water to the boil and cook the soba noodles for 4 minutes (or according to packet directions). Drain and refresh with very cold water.
5. Add noodles and dressing to the vegetables in the large mixing bowl and gently mix together.
6. Divide between 4 serving bowls. Top with the remaining vegetables and sprinkle with sesame seeds.
7. Top with a little pickled ginger and some wasabi peas or serve them separately so that diners can customise their salad. Serve with wedges of lime.