

Soba Noodle Salad

Serves four

12 oz. soba noodles – cooked as per package instructions
2.5 TBS sesame seeds
1 medium cucumber – peeled, seeded and sliced
1 medium carrot – peeled and halved
½ a red bell pepper – seeded and thinly sliced
2 scallions – white, light green and dark green parts chopped

FOR THE DRESSING:

1 garlic clove – peeled
A little bit of salt
¼ cup soy sauce – preferably low sodium
¼ cup rice vinegar
1 tsp. grated fresh ginger
2 TBS brown sugar or agave or brown rice syrup
1 TBS sesame oil
2 TBS grape seed or vegetable oil
Black pepper

Prepare the soba noodles as per the package instructions. Some require soaking but these were boiled for a few minutes. Once they are softened drain them and shock them with cold water. Place them in a bowl.

Place the sesame seeds into a small dry skillet and start toasting them, frequently shaking the pan. Once they start browning lightly and you can smell them they are ready so remove them from the heat immediately. These can burn very quickly and will only take a few minutes to be ready.

Shave the carrot into ribbons with a vegetable peeler. Add all the vegetables and the sesame seeds into the bowl with the noodles.

Smash the garlic clove and mince it. Add a small bit of salt on the garlic and start mashing it with the back part of a spoon.

Place the soy sauce in a small bowl and add the mashed garlic, rice vinegar, ginger, sugar, black pepper and sesame oil. Mix well. Slowly start adding the grape seed oil as you whisk constantly. Pour the dressing on the noodles and toss. Serve.