

Raw veggie & tofu soba noodle salad



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Preparation 20 mins | Cooking 4 mins | Serves 4

180g dried soba noodles
2 carrots (purple & orange), peeled
2 Lebanese cucumbers
¼ red cabbage, finely shredded
3 green onions (shallots), trimmed and thinly sliced
1 cup coriander leaves
200g pkt teriyaki or firm tofu, cut into small cubes
1 tbs black sesame seeds
micro-herbs, to serve like Shiso, (optional)

Sesame, lemon & soy dressing

1 tbs sesame seed oil
2 tbs mirin
1½ tbs salt reduced soy sauce
¼ cup lemon juice

STEP 1 Cook noodles following packet directions. Drain, rinse in cold water and set aside to dry in a colander.

STEP 2 Using a julienne peeler or knife, shred carrots and cucumbers into long thin ribbons. Place into a large bowl. Add noodles, cabbage, green onions, coriander and tofu. Gently toss to combine.

STEP 3 To make dressing, combine all ingredients in a screw-top jar. Shake until well combined. Drizzle dressing over noodle mixture and gently toss to combine. Sprinkle with black sesame seeds and micro-herbs if liked and serve.

Good for you... **CARROTS**

The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system.

