

Broccoli and Ginger Soba Noodle Salad

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- For the noodles:**
- 200g soba noodles
- 250g broccoli, cut into florets and stems into batons
- 200g green beans, tailed and cut in half
- 1 red onion, peeled and cut into 8 wedges
- 2 tbsp olive oil
- ¼ tsp salt
- 4 tbsp coriander and/or mint leaves
- Salt/pepper, to taste
- For the dressing:**
- 5 spring onions, trimmed and finely chopped
- 4cm piece fresh ginger, peeled and finely grated
- 3 tbsp olive oil
- 3 tbsp mirin or white vinegar
- 4 tbsp soy sauce
- 1 tbsp maple syrup (optional)
- 1 bird's eye chilli, finely chopped (optional)

Equipment:

- Metric measuring scales, cups and spoons
- Chopping board
- Cook's knife
- Wooden spoon
- Mixing bowls
- Medium saucepan
- Small saucepan
- Colander
- Baking tray
- Baking paper
- Tongs
- Serving bowl/s

Method:

1. Preheat the oven to 200C Fan.
2. Bring a medium saucepan of water to a boil, then cook the noodles according to packet instructions. Drain and rinse under cold water, then leave to one side to drain.
3. Pop the broccoli and beans in a large bowl with the onion wedges. Drizzle over the oil and sprinkle over the salt. Mix to coat evenly, then tip into a lined baking tray and roast for 8-10 minutes.
4. **For the dressing:** put all the ingredients in a small saucepan, bring to a boil, then take off the heat and put to one side. Allow to cool.
5. When the vegetables have cooked, tip them back into the bowl, add the drained noodles and dressing and gently toss to combine. Tear or roughly chop the herbs. Toss them through and serve while the vegetables are still a little warm.