

For lunch or on the side

The sesame oil and honey dressing in this dish is very tasty and kids just love noodles. This is a great way to get kids into the habit of eating raw vegetables as the dressing will make the vegetables taste delicious. Dress the salad five to ten minutes before serving, allowing time for the dressing to marinate the dish.

If making the salad for a big group, where cost may be a factor, poach a whole chicken for about 1 hour. Then remove chicken fat, skin and bones and discard, leaving just the tasty chicken meat.



Japanese Cold Noodle Salad

(Serves family of 4)

Ingredients

Soba Japans dried noodles	2 bundles
Chicken thighs or breast	3 (500grams each, remove skin and fat)
Carrot - grated	1
Capsicum - finely or sliced diced	1
Bean sprouts	¼ bag
Spring onion - finely sliced	1 stalk
Coriander - chopped	1 tablespoon
Celery - finely chopped	1 stalk
Mushrooms - thinly sliced (optional)	3

Plus any other seasonal vegetables that can be eaten raw like cabbage - finely sliced

Tip!

Don't add the dressing to the salad more than 10 mins before serving as it can make the vegetables decolour or go limp.

Method

1. Cook noodles according to packet directions and cool by rinsing under cold water.
2. Poach chicken thighs in simmering water that just covers the chicken for about 15 mins - check if cooked and allow to cool.
3. Optional – marinate the mushrooms in a tablespoon of soy sauce for 10 mins.
4. Place grated and chopped vegetables in large bowl then add noodles.
5. Slice chicken then add to noodles and vegetables.
6. Pour dressing over mixture and mix all ingredients well together.
7. Optional – sprinkle over sesame seeds.

For the dressing

Ingredients

Lime or lemon juice, or rice wine vinegar	2 tablespoons
Honey	1 tablespoon
Soy sauce Kikkoman low salt	1 tablespoon
(If not adding mushrooms with their marinade, add 1 more tablespoon of soy sauce)	
Fish sauce	2 tablespoons
Canola or peanut oil	1 tablespoon
Sesame oil	2 tablespoons
Ginger - grated or finely chopped	½ teaspoon
Garlic - crushed and finely chopped	½ teaspoon

Method

Put all dressing ingredients together in a screw top jar and shake well.

Tip!

The liquid that the chicken was poached in will make a great base for soups; skim any fat from liquid, add 1 chopped onion and mixture of vegetables with a little seasoning.