

# Easy Soba Noodle Salad



♥ 0

📖 0



Total time: 20 min

Preparation: 15 min

Cooking: 5 min

Created by: QAST

Serves: 6

Category: Cold Meals

RRP: \$2.92 ea

Level: Easy

This price is provided as a guide only and should be checked before using it as a listed menu price.



See how it's done!

This recipe is viewable on the **QTuckshops** YouTube channel

## Ingredients

- 1 unit Soba Noodles (dried)
- 1 cup Red Cabbage (finely shredded)
- 1 cup Wombok (finely shredded)
- 1 cup Carrot (grated)
- 0.5 cup Spring Onions (sliced)
- 0.5 cup Cucumber (diced)
- 0.5 cup Red Capsicum (finely sliced)
- 0.25 cup Asian Sesame Soy & Ginger Dressing (Birch & Waite)
- 0.25 cup Sunflower Seeds
- 0.25 cup Sesame Seeds

## Recipe

1. Place 1 packet of noodles into boiling water for 4 minutes. Once cooked, drain & rinse under cold water. Place into a mixing bowl.
2. Whilst the noodles are cooking, finely shred red cabbage & wombok. Grate carrot, slice capsicum and spring onions and dice cucumber and add to mixing bowl with noodles.
3. Pour over dressing until noodles and vegetables are coated.
4. Portion and sprinkle sunflower and sesame seeds on the top and serve.

## Full description

Gluten Free (check dressing), Vegetarian, Vegan, Egg Free, Dairy Free & Nut Free

Asian style noodle salad, full of colourful vegetables and flavour.

Serve size suited to a primary school students.

Thank you to Coombabah State School for sharing this recipe.

Click the YouTube icon above for a recipe demonstration video.

## **Variations**

Variations: Increase protein content through the addition of cubes of marinated tofu or edamame beans

[www.emenu.qast.org.au](http://www.emenu.qast.org.au)

PO Box 1756, Coorparoo DC Qld 4151 PH 07 3324 1511 F 07 3847 8655

© 2021 QAST. All rights reserved. The listing of a person or supplier no way implies any form of endorsement by the Queensland Association of School Tuckshops of the products or services provided by that person or supplier.

