Harcourts Pinnacle

Aspley

Leftover chicken and soba noodle salad

¤ A simple salad to impress friends ¤

Ingredients:

- 270g soba noodles
- ½ roast chicken, fat and bones discarded, meat shredded
- 4 spring onions, finely sliced
- 1 large handful of snow peas (about 150g), topped and tailed, finely sliced
- 150g edamame beans, blanched and podded
- 2 tbsp sesame seeds, toasted, plus 1 tsp extra to serve

Dressing

- 3 cm piece of ginger, finely chopped/grated
- 3 tbsp soy sauce
- 3 tbsp rice wine vinegar
- 1 tbsp caster sugar
- 1 tbsp sesame oil

Method:

To make the dressing, place all the ingredients in a jar, add 1 tbsp of water, cover and shake to combine.

Bring a large saucepan of water to the boil and cook the soba noodles as per the packet instructions. Drain and refresh under cold water.

In a large bowl, combine the chicken, noodles, spring onion, snow peas, edamame and sesame seeds.

Pour three-quarters of the dressing over the salad and toss. Add the remaining dressing and toss again.

Scatter over the extra sesame seeds and serve.

Note

Edamame can be found in the freezer section of Asian grocers and selected supermarkets. Peas are a great substitute here.

Poached Chicken Thighs or Breasts work as alternative to left over chicken.

Previous recipes: Shakshuka, Puttanesca, Asian Styled Omelette, Hot Wings, Almond Cake, Thai Spiced Chicken Meat Balls, Pork Marinade, Mushroom Steak Sauce, Hamburgers, Brownies, Tomato Meatball Casserole, Vanilla Slice, Blondies, Chinese Beef Ribs, Tuna Mornay, Fudge Top Pudding, Chicken and Mushroom Pasta, Quiche, Spring Rolls, Satay Chicken, Pancakes, Mousse Cake, Pulled Chicken wraps, Potato and Beans, Middle Eastern Lamb Shanks, Moroccan Drumsticks, Slow Cooker Roast Chicken, Chicken Cacciatore. If you've missed any, let me know and I can get you a new copy.

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