SHOPPING LIST

Sesame Cucumber Noodles

Serves 2

Noodles

- [ ] 200 g soba or thin wheat noodles
- [ ] 1 cucumber, halved lengthways and thinly sliced
- [ ] 1 pinch of salt

Dressing

- [ ] 2 tbsp tahini
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp honey
- [ ] 1 tsp toasted sesame oil
- [ ] 1 small garlic clove, finely grated
- [ ] 2 to 3 tbsp cold water

To finish

- [ ] 1 tbsp toasted sesame seeds
- [ ] 2 spring onions, sliced
- [ ] 1 red chili, sliced (optional)

Tick off what you already have at home.