FRESH & COOL

Sesame Cucumber Noodles

PREP	COOK	SERVES
15 min	5 min	2

Vegetarian

Chilled noodles with crunchy cucumber and a creamy sesame-soy dressing.

Ingredients

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)

Method

1. Toss the cucumber with a pinch of salt and leave for 5 minutes, then drain off the liquid.
2. Cook the noodles according to the packet. Drain and rinse under cold running water until completely cool.

3. Whisk the tahini, soy sauce, vinegar, honey, sesame oil and garlic with the cold water until smooth and pourable.
4. Toss the noodles with most of the dressing and divide between two bowls.
5. Top with the cucumber, sesame seeds, spring onions and chili. Serve with the rest of the dressing on the side.

Cook's tip

Keep rinsing the noodles until they feel properly cold. It washes off the starch, so they will not clump.