

( recipe )



# Soba as a judge



Cool and cleansing, this delicious dish from **Celia Duplock** has us ooing over noodles

It's that time of year again when we start craving lighter and cooler meals than those that have seen us through winter. Lightly cooked, mildly seasoned vegetable dishes help us to harmonise with the rising energy of spring.

This recipe is quick and easy to make, and very nutritious. Soba noodles are another name for buckwheat noodles, a type of noodle that became popular in Japan during the late 1800s. They're made from buckwheat flour, which does not contain gluten, so they're a good choice for people following a gluten-free diet. They're also a very good source of protein, fibre, iron, thiamine and manganese.

**\* Prepared by macrobiotic cook and counsellor Celia Duplock. Celia is running a 'Sugar and Dairy Free Desserts' introductory taster session at Wholefoods in Cheltenham on Wednesday 27 April, from 6-8pm. Celia also offers macrobiotic counselling, food coaching, menu planning and cooking lessons for individuals in their own homes, or for small groups by appointment. Contact 07831 342214; enquiries@cotswold-macrobiotics.com.**

Hijiki is a type of brown or green seaweed that grows on the coastlines of Japan, China and Korea. Like many sea vegetables it contains a wide range of essential minerals, as well as significant levels of fibre, vitamin K, calcium, iron, magnesium and iodine.

You can prepare this salad very quickly if you cook the noodles and hijiki in advance and refrigerate both overnight. Blanching the vegetables takes seconds, so you can have a light, nutritious meal in a few minutes. You can either eat it on its own or add a protein of your choice, such as beans, tofu or fish, to make a complete meal. And, if there's any left over, it makes a great base for a quick stir-fry.

## HIJIKI and SOBA NOODLE SALAD

(SERVES 4)

### INGREDIENTS

25g dried hijiki  
1 tbsp mirin (Japanese rice wine)  
2 tbsp good-quality soya sauce (I use Shoyu)  
1 tbsp brown rice vinegar  
1 tbsp ginger juice  
225g soba noodles  
100g carrot, cut into matchsticks  
150g courgette, cut into matchsticks

150g tiny broccoli florets  
1 tsp sesame oil  
¼ tsp lemon juice  
2 spring onions, finely sliced  
1 tbsp toasted sesame seeds

### METHOD

- Soak the hijiki in a coating of water for 15-20 minutes, until soft.
- Drain the hijiki and place in a saucepan with 150ml of fresh water.
- Simmer for 15-20 minutes until tender, and most of the liquid is absorbed.
- Add the mirin, soya sauce, rice vinegar and ginger juice and allow to cool.
- Cook the noodles al dente in plenty of water for 5 minutes, then drain and rinse thoroughly in cold water.
- Blanch the carrot, courgette and broccoli in boiling water for 1 minute, then drain and rinse immediately in cold water.
- Place the cold noodles in a large salad bowl and lightly rub in the sesame oil by hand.
- Add the hijiki and cooled vegetables and mix well by hand. If there is too much liquid from the hijiki, drain and set aside as an additional dressing.
- Add the lemon juice and garnish with spring onions and sesame seeds. ■