

Soba noodle salad with raw oyster mushrooms and pickled radishes

PREP TIME
20 mins plus pickling

COOK TIME
10 mins

SERVES
4

Ingredients

200g / 7 oz buckwheat soba or wheat udon noodles
olive oil
8 fresh oyster mushrooms
50g / 1.7 oz edamame beans
1 tbsp black or white sesame seeds

For the radishes

150g / 5 oz radishes washed, trimmed and finely sliced or quartered, green tops reserved
2 tbsp rice wine vinegar
pinch of sea salt
1 tsp sugar
2 tbsp pickled sushi ginger, drained

For the dressing

1–2 tbsp rice wine vinegar
1–2 tbsp soy sauce, or to taste
2–3 tbsp toasted sesame oil
large thumb of ginger, peeled and grated
juice of a lime
2 tbsp ponzu
1/2 red chilli, deseeded, finely chopped
2 spring onions, finely sliced

To serve

coriander to garnish

Noodles warm up winters, but come summer they can transform into refreshing, cooling salads. If you can't find mooli – a long white Japanese radish, use more round radishes, or substitute it with crisp water chestnuts. Pickled sushi ginger is a great asset in the store cupboard – it can be added to almost anything, even onto toast with a little miso. The radishes start to ferment quite quickly so make enough just for the recipe you serve and keep any remainder in the fridge. Whisk up double quantities of the dressing to pour onto tomorrow's greens. If you would like to add beef, cook a 200 grams beef fillet for 2 minutes on each side in hot oil for medium rare. Slice to serve on the salad.

1. Make the pickled radishes. Toss the sliced radishes in a bowl with the vinegar, salt and sugar. Set aside in a cool place for 2 hours. Add the sushi ginger just before serving.

2. Heat a little groundnut oil in a pan over a medium-high heat. Fry the mushrooms until the liquid has evaporated then sprinkle with salt.

3. Meanwhile, in a separate pan, boil the soba noodles according to the packet instructions. Drain, run under cool water and set aside.

4. Make the dressing. Mix the ingredients together. Taste and adjust as required: more soy for salt, more lime juice or ponzu for zing.

5. Add the sauteed mushrooms to the dressing and leave them to absorb the flavours for 10 minutes.

6. Add the noodles and gently toss in the dressing along with the edamame and, if you have them, reserved radish tops. Garnish with a few slices of pickled radish and the sesame seeds.