

Cold Tahini Noodle Salad with Lime & Black Sesame



Salad Ingredients

- 250g rice noodles or soba noodles
- 1 cup shredded red cabbage
- 1 cup grated or julienned carrot
- 1 red capsicum, thinly sliced
- 2 spring onions, finely sliced
- ½ cup fresh coriander leaves
- 1 tablespoon black sesame seeds

Dressing Ingredients

- ¼ cup hulled tahini
- Juice of ¼ lime
- 1 tablespoon tamari or soy sauce
- 1 tablespoon sambal oelek
- 1 teaspoon maple syrup
- 1 tablespoon warm water, plus extra if needed to thin

Method

1. Cook the noodles according to packet instructions. Drain and rinse under cold water to stop the cooking process. Set aside.
2. In a small bowl, whisk together the tahini, lime juice, tamari, sambal oelek and maple syrup. Add one tablespoon of warm water and whisk until smooth and creamy. If the dressing feels too thick, add a little more water, one teaspoon at a time, until it reaches a pourable consistency.
3. In a large bowl, combine the cooled noodles, cabbage, carrot, capsicum, spring onions and coriander.
4. Pour over the dressing and toss well to coat everything evenly.
5. Finish with a generous sprinkle of black sesame seeds before serving.

This salad can be enjoyed immediately, or chilled for 30 minutes to allow the flavours to develop further.

