

SOBA SO GOOD

Chicken and Cold Soba with Sesame Sauce

Serves 4

INGREDIENTS

- 12 cups water
- 1 whole chicken breast, skinned
- 170g dry soba noodles
- 1 teaspoon sesame oil
- 2 tablespoons tahini (sesame paste)
- 3 tablespoons water
- 1 tablespoon sesame oil
- 2 teaspoons chilli oil (optional)
- 2 tablespoons soy sauce
- 2 tablespoons black vinegar
- 2 tablespoons peanut oil
- 2 cloves garlic, minced
- 1 carrot, skinned and grated

GARNISH:

Chinese parsley



Photo : Brian Hagiwara

INSTRUCTIONS

1. Bring 6 cups water to boil in a pot. Add chicken breast, and return to boil. Reduce heat to low. Simmer, uncovered for about 15 minutes.
2. Remove meat and set aside to cool.
3. Bring remaining 6 cups of water to boil again, add noodles and cook for 5 to 7 minutes. Stir occasionally.
4. Drain noodles and rinse under cold running water until chilled. Drain again, and transfer to serving bowl.
5. Toss lightly with 1 teaspoon sesame oil.
6. Cut or pull chicken meat into fine shreds. Set aside.
7. Combine tahini and 3 tablespoons water, stirring to blend.
8. Add all remaining ingredients and mix well.
9. Combine noodles and grated vegetables in a big bowl, add prepared sauce and toss well.
10. Arrange noodles in serving dish and top with chicken.
11. To serve, garnish with Chinese parsley.

Nutrition Information (Per Serving)

Energy:	370 kcal
Protein:	25 g
Total fat:	24 g
Saturated fat:	4.3 g (18.0% of total fat)
Cholesterol:	44 mg
Carbohydrate:	15 g
Dietary fibre:	3.5 g
Sodium:	843 mg

Carbohydrate exchange = 1.0 exchange

One carbohydrate exchange = 15g carbohydrate

In our previous issue, under the recipe Grilled Orange Chicken, the carbohydrate exchange was reported to be ~ 1 exchange. It should be 'carbohydrate exchange = ~ ¼ exchange'. We apologise for the error.