



# Hemp and buckwheat noodle salad

## (serves 2)

Quick and easy to make, this salad is delicious and filling, making it a perfect packed lunch for work.

### Ingredients

160g cooked buckwheat soba noodles  
(about 90g uncooked)

½ red pepper

1 small carrot

2 spring onions

1 tablespoon of hemp seeds

### Dressing

2 teaspoons of soy sauce

2 tablespoons of balsamic vinegar

1 tablespoon of hemp oil

1 teaspoon of garlic puree

1 tablespoon of grated fresh ginger

### Method

1. Cook the noodles according to packet instructions, rinse and cool.
2. Whisk all the dressing ingredients together.
3. Julienne the vegetables (cut into long thin strips).
4. Gently toss all ingredients together and serve.

### Nutrition information

	Energy	Protein	Fat	Saturates	CHO	Sugars	Fibre	Salt
Per 100g	832kJ 185kcal	6.4g	4.3g	0.5g	35.1g	4.7g	2.8g	1.0g
Per 190g Serving	1580kJ 352kcal	12.2g	8.3g	0.9g	66.7g	9.0g	5.3g	1.9g