

Noodles with prawns and pickled cucumber

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This fresh, healthy noodle dish is perfect for a light lunch.

Ingredients (serves 4)

- 800 g uncooked prawns, heads removed but tails left intact, deveined
- 180 g soba [noodles](#)
- 2 long red chillies, seeded and sliced
- Tamari or light [soy sauce](#), to serve
- Coriander, to garnish

Soy and ginger marinade

- 2 tbsp tamari or light soy sauce
- 2 tbsp brown rice vinegar
- 1 tbsp mirin
- 1 tbsp fish sauce
- 1 tbsp caster sugar

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- ½ tbsp firmly packed finely grated ginger

Pickled cucumber

- 1 tbsp caster sugar
- 1 tbsp black [sesame](#) seeds
- 1 tbsp nori seaweed flakes
- 1 [cucumber](#), cut into 1 cm cubes
- Pinch sea salt

Method

For the marinade, whisk all the ingredients together in a large, shallow non-reactive dish. Add the prawns and toss to coat, then cover with plastic film and marinate in the fridge for one hour.

Meanwhile, for the pickle, combine all the ingredients in a bowl and chill in the fridge for 30 minutes. Taste and add more salt or sugar if desired, then set aside.

Heat a large frying pan or wok over medium-high heat. When hot, add the prawns and the marinade and cook for two minutes, turning halfway through, until the prawns are cooked and the sauce has reduced. Remove from the heat and leave to cool completely.

Cook the noodles in a saucepan of simmering water for three minutes, then drain and rinse well under cold running water.

Place the noodles, prawns, pickled cucumber and chilli in a bowl and toss to combine. Turn out onto a platter, then drizzle with tamari or soy sauce to taste and garnish with coriander.

Recipe and images by [Katie Quinn Davies](#)

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