

teriyaki soba noodle salad with beef oyster blade

prep time: 10min

cooking time 4.5hrs

serves 5



ingredients

beef:

- 1/2 cup tamari/coconut aminos or soy
- 1/4 cup rice wine vinegar (or white vinegar)
- 2 tsp tamarind paste (optional but delicious)
- 1 tbs sesame oil
- 3/4 cup broth (geivity rx natural or our very own bone broth!)
- 3 tbs maple syrup (or coconut sugar)
- 1.5kg oyster blade

salad:

- soba noodles
- snow peas
- coriander
- mint
- blanched broccolini
- carrot
- cucumber

method

1. preheat oven to 150c.
2. add all ingredients to a baking dish large enough to fit your oyster blade and mix to combine.
3. add your oyster blade and double cover with foil securely.
4. pop into the oven for 4hrs then remove foil and cook for another 30 mins.
5. shred and set aside.
6. cook soba noodles as per packet instructions then add to a bowl and toss through a dash of sesame oil.
7. add salad toppings
8. top with the shredded oyster blade and a little of the sauce and serve.

