

Pistachio, Pea and Mint Soba Noodles, from "East" by Meera Sodha

Serves 2

1/2 cup pistachios, shelled
1 bird's eye chili, finely chopped
2 cloves garlic, finely chopped
1 3/4 cups petite frozen green peas, defrosted
1 cup fresh mint leaves
3 tbsp lime juice (from 2 limes)
3 1/2 tbsp toasted sesame oil
1 1/3 tsp salt
7 oz soba noodles
1/4 pound snow peas
1 1/4 cups chopped watercress

Place the pistachios, chili and garlic in a food processor and process until the pistachios have broken down. Add the peas, mint, lime juice, 3 tbsp of sesame oil and the salt, and pulse a few times (don't blend: you don't want soup).

Bring a large saucepan of water to the boil and, when bubbling, drop in the noodles. Stir and boil according to the instructions. Drain, refresh briefly under cold water and drain again in a sieve over a bowl. Coat with the remaining 1/2 tbsp of sesame oil, using your fingers, to make sure they don't stick.

Set the same saucepan over a low heat and put a couple of tablespoons of water into the pan. When hot, add the snow peas. Stir-fry for 2 minutes, then add the watercress. Stir-fry for a minute until it wilts, then take the pan off the heat.

Place the noodles in a mixing bowl and add the vegetables. Mix with your hands, then tip on to a plate to serve.