



Soba Noodle Salad

Serves 1

Ingredients

- 0.5 each carrot
- 0.25 each cucumber
- 0.5 tsp fresh ginger
- 0.5 each garlic clove (auto-linked (score 0.92))
- 0.5 tbsp lime juice
- 0.5 tsp maple syrup
- 0.25 each red bell pepper (auto-linked (score 0.58))
- 1 tbsp rice vinegar
- 1 each scallion
- 1 tsp sesame oil
- 0.25 cup shelled edamame
- 2.5 oz soba noodle
- 1.5 tbsp soy sauce
- 0.5 tbsp toasted sesame seed

Instructions

1. Cook soba noodles according to package directions, then rinse with cold water.
2. Whisk together soy sauce, rice vinegar, lime juice, sesame oil, maple syrup, grated ginger, and minced garlic.
3. Julienne the carrot, cucumber, and red bell pepper. Slice the scallion.
4. In a large bowl, combine the cooked soba noodles, julienned vegetables, and edamame.
5. Pour the dressing over the noodle mixture and toss gently to coat.
6. Garnish with toasted sesame seeds before serving.