

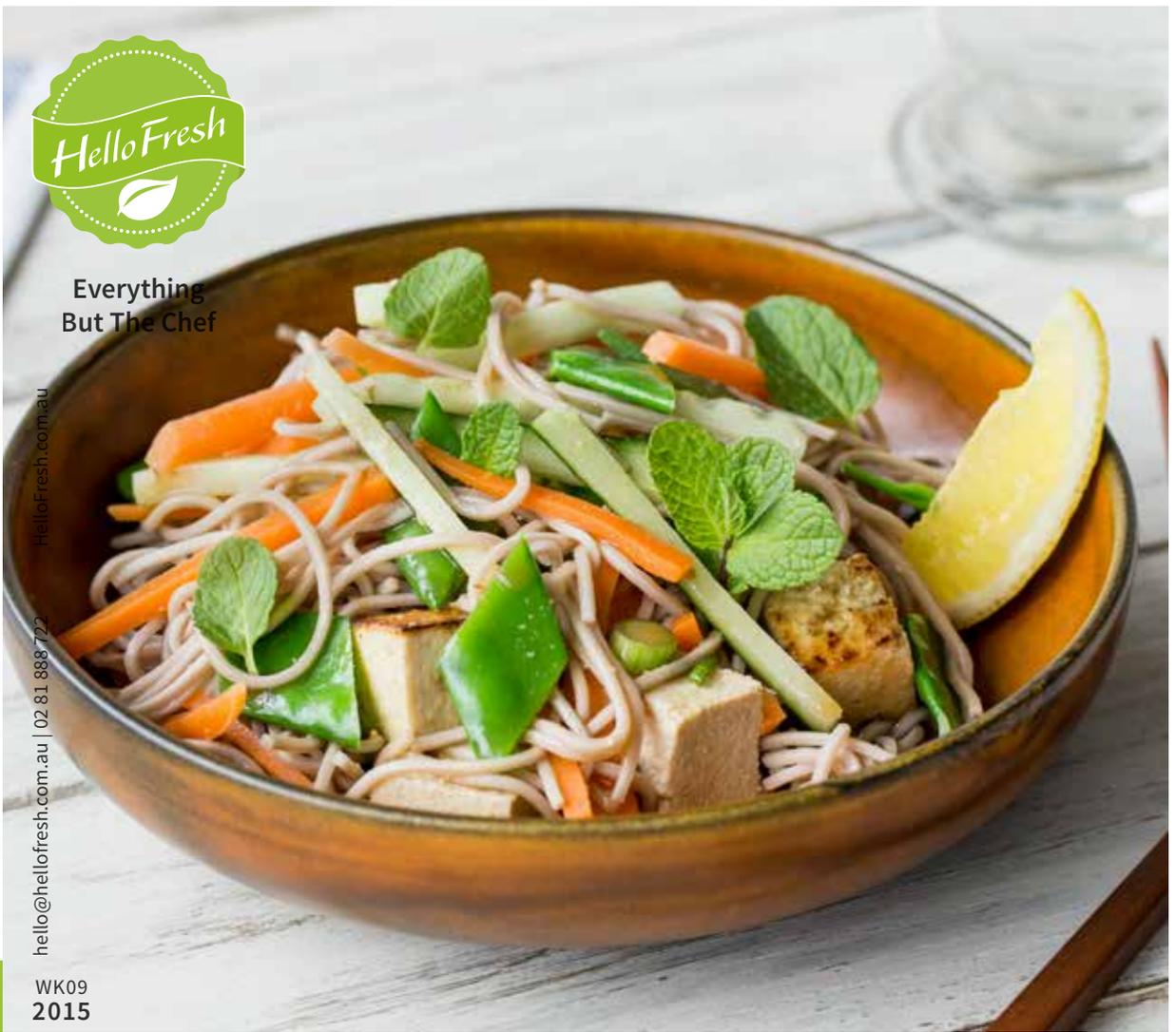


Everything
But The Chef

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Soba Noodle Salad

Zaru soba is a popular Japanese summer salad. The cold noodles are traditionally served in a bamboo basket. This has got to be one of our favourite dinners - easily prepared ahead of time and delicious hot or cold. We highly recommend some wasabi to really make it sing!



25 mins



level 1



veggie



Soba Noodles



Lemon



Garlic



Ginger



Spring Onions



Tofu



Carrot



Mint



Cucumber



Snow Peas

2P	4P	Ingredients	
1 knob	2 knobs	ginger, peeled & grated	A
2	4	garlic cloves, peeled & crushed	⊕
1 tbs	2 tbs	soy sauce *	
2 tsp	1 tbs	honey *	
1 tbs	2 tbs	rice wine vinegar *	
1 tbs	2 tbs	vegetable oil *	
1 block	2 blocks	firm tofu, diced into 2cm cubes	
100 g	200 g	soba noodles	
2	4	carrots, julienned	B
200 g	400 g	snow peas, trimmed & sliced diagonally	
1 bunch	2 bunches	spring onions, sliced	
1	2	lemon, juiced	⊕
1	2	cucumber, julienned	⊕
1/4 cup	1/2 cup	mint, leaves torn	⊕

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1860	Kj
Protein	30.4	g
Fat, total	23.2	g
-saturated	2.9	g
Carbohydrate	19.6	g
-sugars	4.5	g

Measuretool

0 cm	1 cm	2 cm



1 In a small bowl combine the **ginger**, **garlic**, **soy sauce**, **honey**, **rice wine vinegar**, and **vegetable oil**. Place the **tofu** cubes in a dish then drizzle them with the dressing. Cover with cling wrap and sit them in the fridge while you prepare the noodles.

2 Bring a large pot of water to the boil and begin to cook the **soba noodles** (remember to weigh out the correct amount first!) for about **2 minutes** or until just tender. Drain and rinse well under cold running water. This will stop them from sticking together. In a separate pot, blanch the **carrots** and **snow peas** in boiling water for **2-3 minutes** or until the vegetables are tender but still crunchy. Drain, then toss through the **spring onions**.

3 Heat a dash of vegetable oil in a large frying pan over a high heat and cook the tofu, reserving the sauce, for **6-8 minutes** until cooked. In a large bowl, toss the tofu with the noodles, vegetables and reserved sauce to coat everything in the delicious flavours.

4 Serve up the noodle salad with a fresh squeeze of **lemon juice** and top with the **cucumber** and **mint leaves**.

Did you know? Soba noodles are the most popular noodles in Tokyo and are traditionally slurped - so dig in and make some noise with this noodle number!