



# Soba Noodle Bowl

Prep Time: 10 min. Cook Time: 15 min. Makes: 2 servings.

Soba noodles are made with buckwheat, and can be found in the Asian section of the grocery store, or Chinatown. They are delicious here, paired with some lightly sauteed vegetables and the salty/savory simplicity of tamari and toasted sesame oil.

## INGREDIENTS

200g soba noodles  
2 carrots, peeled and julienned  
1 bell pepper, thinly sliced  
1/2 zucchini, julienned  
2 cloves fresh garlic, minced  
1-2 tsp toasted sesame oil  
1-2 Tbsp tamari (soy sauce)  
1 cup shelled edamame beans,  
or sauteed tofu/tempeh  
1-2 green onions, chopped  
1 avocado, thinly sliced  
1 Tbsp sesame seeds, garnish

## DIRECTIONS

1. Start the soba noodles first, by putting them in a pot of boiling water with a pinch of salt. Keep it at a low boil, turning down the heat and adding cool water if necessary to keep it just below a rolling boil. These will take about 6-7 minutes to cook, and you can stir occasionally to make sure they don't stick to each other or the bottom of the pot.
2. Then heat a pan to medium-high, and saute the carrots, pepper, zucchini and garlic with the toasted sesame oil until softened.
3. Toss in the edamame beans (or saute some tofu/tempeh in another pan) and the green onions, and leave on the heat a couple minutes longer.
4. Drain the cooked soba noodles, and add them to the pan. Drizzle everything with the tamari, and a bit more toasted sesame oil if you want, and toss to combine.
5. Serve, topped with sliced avocado and a sprinkle of sesame seeds.

## NUTRITION FACTS

Per serving  
Calories 498

% Daily Value\*

25 g	Total Fat	39%
3 g	Saturated Fat	17%
0 mg	Cholesterol	0%
1303 mg	Sodium	54%
54 g	Carbohydrates	18%
14 g	Dietary Fiber	57%
8 g	Sugar	
22 g	Protein	34%
13639 IU	Vitamin A	296%
136 mg	Vitamin C	226%
262 mg	Calcium	26%
5 mg	Iron	38%

## Hints & Tricks

If you want to make this even more salty/savory, whisk some miso with a bit of warm water, grated ginger, and toasted sesame oil for an extra sauce.