

Soba Noodle Salad

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Manna Kitchen



Ingredients

- 4 oz dried soba noodles
- 1 ½ cups frozen shelled edamame
- 1 cup thinly sliced red cabbage *matchsticks*
- 1 cup sliced zucchini
- 1 cup thinly sliced red bell pepper
- 1 cup watercress *remove the tough stalks*

Dressing

- The juice from 1 lime
 - 2 tablespoons soy sauce,
 - 1 tablespoon rice vinegar
 - 1 teaspoon sesame oil
 - 1.2 teaspoon minced garlic
 - ¼ cup chopped pickled ginger
Or ½ teaspoon minced fresh ginger
 - 2 teaspoons avocado oil
 - 1 tablespoon maple syrup
 - ½ teaspoon chili flakes
or sriracha
 - 1 teaspoon salt
- Mix in a small jar and shake!

Method

Prepare all the fresh ingredients and put aside.

Boil water in a medium sized pot and boil the edamame for just 3 minutes,

Remove the edamame by using a strainer and rinse with cold water and set aside.

Keep the hot water in the pot and boil the soba noodles with ½ tbs salt for 3 minutes.

Then strain.

Add all the ingredients to a bowl and make the dressing.

