

Sesame Soba Noodles

Recipe By *Rachel Goodman, RD*

CDN



Cooking and Prep:  30
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Serves:  6

Contains:    

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian

Ingredients (12)

Main ingredients

- 1 9.5 ounce package soba noodles
- 3 tablespoons sesame seeds, toasted
- 1/4 cup **Haddar Low Sodium Soy Sauce**
- 1/4 cup olive oil
- 1/4 cup vinegar
- 3 tablespoons **Gefen Honey**
- 1 tablespoon toasted sesame oil

- 1 teaspoon salt
 - 2 cubes **Gefen Frozen Garlic**
 - 1 teaspoon hot pepper flakes *(optional)*
 - 10 ounces edamame, shelled
 - 1 cup grated carrots
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Start Cooking

Prepare the Noodle Dish

1. Prepare soba noodles according to package instructions. Do not overcook as it will get mushy very quickly if you do. Drain and rinse with cold water to stop the cooking process. Set aside.
2. Toast sesame seeds in a pan over medium heat until they become fragrant and golden brown. Remove from pan and set aside.
3. Place soy sauce, olive oil, vinegar, honey, toasted sesame oil, salt, crushed garlic, and (optional) red pepper flakes in a deep frying pan over medium heat.
4. When it just starts to boil add the frozen edamame and stir until all edamame have defrosted.
5. Add soba noodles and grated carrots and mix until edamame beans are dispersed throughout the noodles and all ingredients are well coated with wet ingredients.
6. Transfer to serving dish and sprinkle with toasted sesame seeds. Enjoy!

About

Rachel prepared this dish for **Dip the Apple**.