



## Tuna and Soba Noodle Salad

with Snow Pea Sprouts

 20min  2 Portions

Japanese inspiration has been used to create this fresh, light and summery dinner. Toss slippery soba noodles with sweet snow peas sprouts, tuna and a sesame soy dressing and understand just how easy it is to whip up a balanced and delicious midweek meal.

## What we send

- soba noodles <sup>1</sup>
- tuna <sup>4</sup>
- sesame seed mix <sup>11</sup>
- spring onion
- carrot
- rice wine vinegar
- sesame oil <sup>11</sup>
- snow pea sprouts

## What you'll require

- sea salt and pepper
- soy sauce <sup>6</sup>
- sugar
- vegetable oil

## Utensils

- medium saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Gluten (1), Fish (4), Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 740kcal, Fat 32.7g, Carbs 71.9g, Proteins 35.2g



### 1. Prepare snow peas

Bring a medium saucepan of salted water to the boil for the noodles. Cut the **snow pea sprouts** into 3cm lengths.



### 2. Make dressing

Put the **sesame oil**, **2 tsp rice wine vinegar** (the remaining vinegar won't be used in this dish), **1 tbs vegetable oil**, **1 tbs soy sauce** and **2 tsp sugar** in a large bowl and whisk to dissolve the sugar.



### 3. Cook noodles

Meanwhile, cook **2 bundles of the noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 4 mins. Drain well and rinse under cold running water.



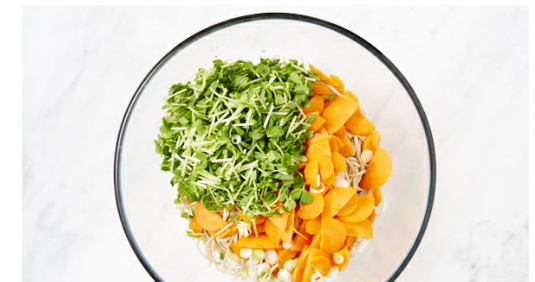
### 4. Prepare vegetables

Meanwhile, peel and halve the **carrot** lengthwise, then thinly slice. Trim and thinly slice the **spring onion**.



### 5. Drain tuna

Drain the **tuna** and break into chunks.



### 6. Get ready to serve

Add the **noodles**, **snow pea sprouts**, **carrot** and **spring onion** to the **dressing** and toss well to combine. Gently stir in the **tuna**. Divide the **noodle salad** among bowls. Scatter with the **sesame seeds** to serve.