

Tuna and Soba Noodle Salad

with Snow Pea Sprouts

 20min  4 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

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

What you'll require

- sea salt and pepper
- soy sauce ⁶
- 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 765kcal, Fat 34.5g, Carbs 71.6g, Proteins 38.2g



1. Prepare snow peas

Bring a large 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, rice wine vinegar, 2 tbs vegetable oil, 2 tbs soy sauce** and **1 tbs sugar** in a large bowl and whisk to dissolve the sugar.



3. Cook noodles

Meanwhile, cook **4 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.



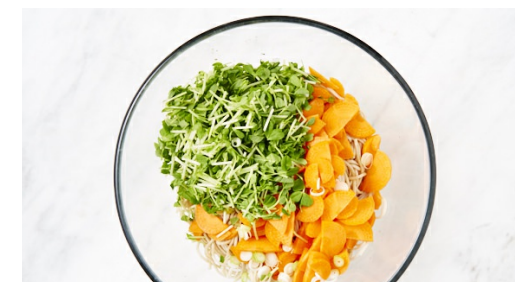
4. Prepare vegetables

Meanwhile, peel and halve the **carrots** lengthwise, then thinly slice. Trim and thinly slice the **spring onions**.



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.