



## Mushroom Soba Noodle Salad

with Honey, Soy and Ginger



20-30min



4 Portions

Soba noodles, a nutritious Japanese staple made using buckwheat flour, are meant to be served cold. Here, their nutty flavour and delicate texture is perfect with earthy mushrooms, spinach and zucchini, the crunchy seeds and chewy bits of honey-soy tofu.

## What we send

- honey soy tofu <sup>1,6,11</sup>
- soba noodles <sup>1</sup>
- mushroom
- sunflower seeds
- baby spinach leaves
- sesame oil <sup>11</sup>
- white sesame seeds <sup>11</sup>
- zucchini
- ginger
- garlic

## What you'll require

- honey
- sea salt and pepper
- soy sauce <sup>6</sup>
- vegetable oil
- white vinegar

## Utensils

- fine grater
- large frypan
- large saucepan

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

## Allergens

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

## Nutrition per serving

Energy 685kcal, Fat 28.1g, Carbs 70.8g, Proteins 29.5g



### 1. Make sauce

Remove tofu from the fridge to bring to room temperature. Combine the **sesame oil**, **2 tbs soy sauce**, **1½ tbs white vinegar** and **2 tsp honey** in a bowl. Bring a large saucepan of water to the boil for the noodles.



### 2. Prepare vegetables

Wipe the **mushrooms** clean then thinly slice. Quarter the **zucchini** lengthwise, then cut into 1cm chunks. Crush or finely chop the **garlic**. Peel and finely grate the **ginger**. Thinly slice the **tofu**.



### 3. Toast sunflower seeds

Put the **sunflower seeds** in a cold large frypan over medium heat. Toast, tossing, for 2-3 mins until golden. Remove from the pan.



### 4. Cook vegetables

Heat **1 tbs grapeseed oil** in the pan over high heat. Stir-fry the **mushrooms** and **zucchini** for 1-2 mins until starting to soften. Add the **ginger** and **garlic** and stir-fry for 2 mins or until the vegetables are just tender. Add the **sauce** and cook for 2 mins or until the liquid has reduced slightly.



### 5. Cook noodles

Meanwhile, cook **4 bundles of soba noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 4 mins or until tender. Cool under cold running water and drain well.



### 6. Get ready to serve

Put the **noodles**, **mushroom mixture**, **sunflower seeds** and **spinach** in a large bowl and toss to combine. Season with **salt and pepper**. Divide the **noodle salad** among bowls. Scatter over the **tofu** and **sesame seeds** to serve.