



BROCCOLI PEANUT SOBA NOODLES

This vegan recipe for broccoli and peanut soba noodles is really easy to make and ready in 20 minutes or less. The fresh greens are a great combination with the noodles while the roasted peanuts adds a crunchy texture to the dish.

 20 minutes

 20 minutes

 3 portions

INGREDIENTS

- 100 grams of noodles, japanese, soba, cooked
- 1 tsp of oil, sesame, salad or cooking [5 g]
- 1 package [10 oz] of broccoli, frozen, spears, unprepared [284 g]
- 2 tbsps of peanut Butter, smooth [32 g]
- 1 tbsp of soy sauce made from soy [tamari] [18 g]
- 2 tbsps of vinegar, distilled [30 g]
- 3 tsps of ginger root, raw [6 g]
- 3 cloves of garlic, raw [9 g]
- 1 unit [2" dia] of limes, raw [67 g]
- 1/2 cup chopped of onions, young green, tops only [36 g]
- 1/4 cup of coriander [cilantro] leaves, raw [4 g]
- 1 oz of peanuts, all types, dry-roasted, without salt [28 g]

COOKING METHOD

¹⁰ STEP 1 Cook the noodles in boiling, salted water for 4 minutes until tender. Drain and rinse well in cold water, then drain again and toss with the sesame oil in the sieve and leave. STEP 2 Blanch the broccoli for 2-3 minutes until it's vibrant green and still has bite, adding the edamame for the last 30 seconds. Refresh in cold water, then drain well. STEP 3 Whisk the peanut butter, soy sauce, vinegar, ginger, garlic and lime juice with a splash of boiling water to make a dressing. STEP 4 Cut the broccoli into bite-sized pieces and add to a bowl with the noodles, edamame, spring onions, coriander and the dressing. Toss well. Serve scattered with the chopped peanuts, with lime wedges to squeeze over.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [206 g]	% DRI
ENERGY	104 kcal	214 kcal	11 %
FAT	6 g	12 g	18 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	10 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	207 mg	426 mg	18 %
CARBOHYDRATE	10 g	22 g	7 %
SUGARS	2 g	4 g	—
FIBER	3 g	5 g	21 %
PROTEIN	5 g	10 g	—