



SOBA NOODLES WITH VEGETABLES, MAPLE CASHEWS & MISO SAUCE

PREP TIME

20 minutes

COOK TIME

10 minutes

SERVES

5

RECIPE HOW-TO

Cook soba as package instructs. When firm to bite (al dente), rinse, drain, and set aside.

While pasta cooks, preheat oven to 450°F.

Place tomatoes in mixing bowl, toss with 1 tsp. sesame oil, sea salt, and black pepper. Put tomatoes on a baking sheet, bake 5 to 7 minutes. Remove, set aside.

Boil water and maple syrup, until water cooks down and becomes amber. Mix in cashews and cook off remaining liquid, stirring to coat the cashews. Put cashews on a baking sheet, bake at 450°F for 2 to 3 minutes to harden the syrup. Remove, set aside, cool.

Place miso, rice vinegar, 1/2 cup water, 2 tsp. sesame oil in a blender. Pulse to evenly blend.

Heat 2 tsp. sesame oil and 1 tsp. toasted sesame oil in a large skillet. Add garlic, ginger, half the scallions, and broccoli. Sauté 2 minutes. Add Chinese cabbage and sauté 1 minute.

Add miso sauce to vegetables, add remaining scallions, and mix. Add cooked Soba and mix with miso sauce. Cook 3 minutes until most of the liquid is absorbed.

Place noodles and sautéed veggies on a serving plate. Garnish with roasted tomatoes, candied cashews, and sesame seed.

NUTRITION FACTS

calories per serving 282
beneficial fat 8g
protein 11g
complex carbohydrate 41g
fiber 4g
cholesterol 0mg
sodium 777mg

INGREDIENTS

1 pkg. 8 oz. of EDEN Soba

Roasted Tomatoes

1 cup multi-colored organic cherry tomatoes, whole

1 tsp EDEN Sesame Oil

1 pinch EDEN Sea Salt

1 pinch EDEN Black Pepper

Maple Candied Cashews

1/4 cup water

1 Tbsp organic maple syrup

1/4 cup dry roasted, salted cashews

Hacho Miso Sauce

2 Tbsp EDEN Hacho Miso

2 Tbsp EDEN Brown Rice Vinegar

1/2 cup water

4 tsp EDEN Sesame Oil

1 tsp EDEN Toasted Sesame Oil

1 clove garlic, minced

1 inch piece fresh ginger root, peeled, minced

1/2 cup scallions, chopped

1 cup broccoli spears, cut small

1 cup Chinese cabbage, chopped

1 Tbsp toasted sesame seeds, for garnish



EDEN

Clinton, Michigan
49236 U.S.

888-424-3336

edenfoods.com

cs@edenfoods.com