



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 | — |