

CSA-INSPIRED LOCAL FOOD TASTING SOBA NOODLE SALAD



SOBA NOODLE SALAD

Recipe from Amanda Veneman at Flik Hospitality Group

Ingredients:

- 6 oz Soba Noodles (or other preferred noodle)
- 2-3 cups Veggies, sliced thin
- ½ cup Herbs (Cilantro, Basil and/or Mint), chopped
- 2 tablespoons Tahini
- 2 tablespoons Lime Juice
- 1 ½ tablespoon Water
- 1 ½ tablespoon Rice Vinegar
- 2 teaspoons Soy Sauce or Coconut Aminos
- 2 teaspoons Sugar (or sweetener of choice)
- 1 ½ teaspoon Sesame Oil
- 1 ½ teaspoon Ginger, fresh, minced
- 1 ½ teaspoon Garlic, fresh, minced
- 1/8 teaspoon Crushed Red Pepper Flakes



Directions:

1. **Cook noodles:** Bring a pot of salted water to boil and cook soba noodles (or noodles of choice) according to package directions.
2. **Prep vegetables:** While noodles cook, prep vegetables and herbs. Cut each veggie into thin slices to match the noodle shape. Optional: use a mandolin for thin and even slices. If using cucumbers, cut in half lengthwise then use a spoon to scrape out seeds and cut as desired. To cut basil & mint, make a small stack, roll into a cigar shape, then slice to make ribbons.
3. **Prepare sauce:** in a small bowl or jar, whisk together tahini, lime juice, water, rice vinegar, soy sauce (or coconut aminos), sugar, sesame oil, ginger, garlic, and crushed red pepper flakes.
4. **Assemble:** Once noodles finish cooking, drain, and rinse with cold water. Combine noodles, vegetables, herbs, and sauce, then toss to combine. Store in refrigerator for up to 3 days.

Bonus: Use any leftover ingredients in spring rolls.

Yields: 8 1-cup servings.

