

SPRING SOBA NOODLE SALAD

Yield: 2 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-green-noodles-recipe>

Ingredients:

- 1 9/16 cups broad beans shelled, which is a few good handfuls of them still in their pods
- 7 ounces soba noodles
- 1 handful greens such as mustard greens, mizuna or mibuna, feel free to add what you have in your fridge or the garden
- 2 tablespoons soy sauce
- 2 tablespoons mirin
- 1 tablespoon rice wine vinegar
- 1 tablespoon tahini
- 1 tablespoon olive oil
- 1 teaspoon ginger grated
- 1 teaspoon sugar
- salt to taste
- white sesame seeds Black and, toasted
- shichimi togarashi
- spring onion finely sliced

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 94 grams
3. Fat: 13 grams
4. Fiber: 7 grams
5. Protein: 20 grams
6. SaturatedFat: 2 grams
7. Sodium: 2110 milligrams
8. Sugar: 7 grams

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