

Cold Sesame Noodles

Yield: 4 min
Total Time: 10 min

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

Ingredients:

- 1 cucumber large, julienned
- 1/2 carrot a medium, finely julienned
- 1/3 cup vegetable oil
- salt to taste
- 1 pound soba noodles
- 1/2 cup peanuts roasted unsalted, finely ground
- 1/2 bunch scallions green section only, finely chopped for garnish, optional
- 2 tablespoons water
- 2 tablespoons white vinegar
- 2 tablespoons sugar
- 2 cloves garlic mashed to a paste, yields 2 teaspoons
- 3 tablespoons sesame oil
- 1/2 cup water
- 1/4 cup soy sauce
- 2 tablespoons soy sauce
- 1 cup Chinese sesame paste Lee Kum brand or other

Nutrition:

1. Calories: 1170 calories
2. Carbohydrate: 117 grams
3. Fat: 71 grams
4. Fiber: 7 grams
5. Protein: 35 grams
6. SaturatedFat: 8 grams
7. Sodium: 2460 milligrams
8. Sugar: 10 grams
9. TransFat: 0.5 grams

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