

# Sesame & Shiitake Soba Noodles

Yield: 2 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/soba-noodles-indian-recipe>

## Ingredients:

- 6 ounces soba noodles
- 1 tablespoon toasted sesame oil
- olive oil splash of, or vegetable oil for the pan, you don't want to heat sesame oil
- 1 cup shiitake sliced
- 2 cloves garlic
- 2 cups napa cabbage raw shredded
- 1/2 cup scallions chopped
- soy sauce good splash of, start with about a tablespoon, add more if necessary
- 2 teaspoons mirin optional
- rice vinegar good splash of, a few tablespoons
- 1 teaspoon Sriracha or so of, optional
- 3 tablespoons sesame seeds for garnish, optional

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 78 grams
3. Fat: 25 grams
4. Fiber: 5 grams
5. Protein: 18 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 1240 milligrams
8. Sugar: 3 grams

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