

Soba noodle, edamame & broccolini salad with ginger dressing

This soba noodle salad is light and fresh (only 431 cals per serve), yet rich in plant protein (22g per serve) and dietary fibre (over 8g per serve). Even better, it requires minimal cooking and can literally be on the table in 20 minutes. Perfect for warm summer evenings. I hope you enjoy.

Serves 4

Prep: 15 min

Cook: 10 min

180g dried soba noodles
3 tsp sesame oil
2 bunches broccolini, trimmed, cut into long florets
150g (1 cup) thawed podded edamame
200g Japanese tofu, sliced
100g mixed salad leaves
1 avocado, sliced
2 tbs salt-reduced soy sauce
2 tbs mirin
1 tbs lime juice
1 ½ tsp finely grated fresh ginger

1 Cook the noodles in a large saucepan of boiling water, stirring occasionally, for 5 minutes, or until al dente. Drain and refresh under cold water. Drain again. Place noodles in large bowl, drizzle over 2 teaspoons sesame oil and toss to combine.

2 Meanwhile, steam or boil the broccolini for 2-3 minutes or until tender crisp. Drain and refresh under cold water. Drain again.

3 Add the broccolini, edamame, tofu, leaves and avocado to the bowl with the noodles. Combine the soy sauce, mirin, lime juice, remaining sesame oil and ginger. Add dressing to noodle salad and gently toss to combine. Serve.

Tip: you can swap the tofu with 300g cooked chicken breast, shredded.