

Arame Soba Noodle Salad



Prep:

15 minutes

Total:

30 minutes

Makes:

6 servings

Utensil:

Saladmaster Food Processor
4 Qt./3.8 L Roaster with Cover
small mixing bowl
large mixing bowl

Rate ★★☆☆☆

Recipe:

Contributed By:

Marni Wasserman
Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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Recipe Description:

You can learn more about Marni by visiting her Facebook and Twitter page, or www.marniwasserman.com

1 teaspoon
dried basil
(1
g)
1/2 teaspoon
dried rosemary
(0.6
g)
1/2 teaspoon
salt
(3
g)
8 ounces
kamut or buckwheat soba noodles
(230
g)
1/2 cup
aramae
(10
g)

2 cloves
 garlic, shredded, use Cone #1
 1 teaspoon
 ginger root, shredded, use Cone #1
 (2
 g)
 ¼ cup
 rice vinegar
 (60
 mL)
 ¼ cup
 toasted sesame oil
 (60
 mL)
 3 tablespoons
 tamari
 (45
 mL)
 1 carrot, shredded, use Cone #1
 1 cup
 chopped green onions
 (100
 g)
 1 cup
 shelled and cooked edamame (optional)
 (155
 g)
 ¼ cup
 toasted pine nuts or black sesame seeds
 (34
 g)

Directions:

1. Bring water to a boil roaster. Add basil, rosemary and salt.
2. Add noodles and cook until al dente (approximately 8 - 10 minutes). Drain and set aside.
3. Soak arame in a small mixing bowl with 1 cup of cold water for about 10 minutes. Drain and rinse.
4. In a large mixing bowl, whisk together garlic, ginger, vinegar, sesame oil and tamari.
5. Add warm noodles to sauce and toss to coat.
6. Stir in carrots, onions and arame.
7. Sprinkle with edamame and toasted pine nuts or sesame seeds.

Tips:

- Using kamut or buckwheat noodles is a nutritious way to get some extra fibre into this recipe. Also they are easier to digest and have a unique flavour. Be sure to use organic edamame when you can, as it gives this recipe a protein boost and a nutty texture!

Nutritional Information per

▼ Serving

Calories: 308
Total Fat: 15g
Saturated Fat: 2g
Cholesterol: 0mg
Sodium: 735mg
Total 41g
Carbs:
Dietary Fiber: 6g
Sugar: 3g
Protein: 9g

Analysis calculated using buckwheat soba noodles, edamame and pine nuts

Calories: 277

Fat: 14g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 733mg

Carbohydrate: 38g

Fiber: 4g

Sugar: 3g

Protein: 6g

Analysis calculated without edamame
