

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

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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
arame
(10
g)

2

cloves
garlic, shredded, use Cone #1

1

teaspoon
ginger root, shredded, use Cone #1
(2
g)

¹?₄

cup
rice vinegar
(60
mL)

¹?₄

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)

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 Carbs:

41g

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