



Soba noodle & edamame salad with grilled tofu



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 140 g soba noodles
- ☐ 300 g edamame beans fresh podded (soy)
- ☐ 4 spring onion shredded
- ☐ 300 g beansprouts
- ☐ 1 cucumber with a teaspoon and sliced peeled halved deseeded
- ☐ 250 g block tofu dry firm sliced
- ☐ 1 tsp oil

- ☐ 1 handful coriander leaves
- ☐ 3 tbsp mirin
- ☐ 2 tsp tamari sauce
- ☐ 2 tbsp orange juice
- ☐ 1 chilli red deseeded finely chopped

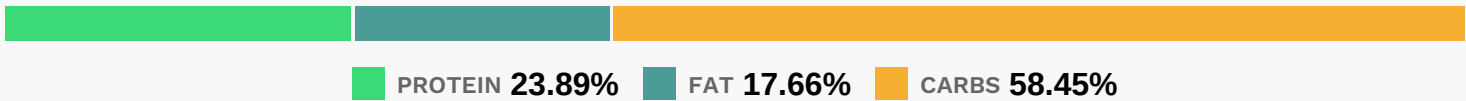
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat dressing ingredients in your smallest saucepan, simmer for 30 secs, then set aside.
- ☐ Boil noodles following the pack instructions, adding the edamame beans for the final 2 mins cooking time. Rinse under very cold water, drain thoroughly and tip into a large bowl with the spring onions, beansprouts, cucumber, sesame oil and warm dressing. Season if you like.
- ☐ Brush tofu with the veg oil, season and griddle or grill for 2–3 mins each side the tofu is very delicate so turn carefully. Top the salad with the tofu, scatter with coriander and serve

Nutrition Facts



Properties

Glycemic Index:64.63, Glycemic Load:15.04, Inflammation Score:-7, Nutrition Score:16.412173955337%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 335.7kcal (16.78%), Fat: 6.98g (10.74%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 51.97g (17.32%), Net Carbohydrates: 46.01g (16.73%), Sugar: 10.99g (12.22%), Cholesterol: 0mg (0%), Sodium: 554.29mg (24.1%), Alcohol: 1.27g (100%), Alcohol %: 0.43% (100%), Protein: 21.24g (42.48%), Vitamin K: 60.48µg (57.6%), Vitamin C: 35.24mg (42.72%), Manganese: 0.71mg (35.41%), Iron: 4.97mg (27.59%), Fiber: 5.96g (23.85%), Folate: 91.23µg (22.81%), Potassium: 738.38mg (21.1%), Vitamin B1: 0.28mg (18.6%), Calcium: 184.87mg (18.49%), Magnesium: 65.38mg (16.35%), Phosphorus: 160.25mg (16.03%), Copper: 0.29mg (14.56%), Vitamin B6: 0.26mg (13.17%), Vitamin B2: 0.19mg (10.9%), Vitamin B3: 2.08mg (10.4%), Vitamin B5: 0.86mg (8.64%), Vitamin A: 380.97IU (7.62%), Zinc: 1.13mg (7.54%), Vitamin E: 0.47mg (3.11%)