



Soba Noodles With Shiitake Mushrooms And Radish Recipe

 Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



819 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 bunch spring onion trimmed thinly sliced
- 2 servings kosher salt
- 1 tablespoon mirin
- 2 tablespoons olive oil
- 2 radishes grated
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil toasted

- 0.3 pound mushroom caps stemmed
- 2 chicken thighs boneless skinless thinly sliced
- 0.5 pound soba noodles
- 3 tablespoons soya sauce
- 1 tablespoon sriracha

Equipment

- bowl
- frying pan
- sauce pan
- pot
- colander

Directions

- In a small saucepan, combine the soy sauce, vinegar, mirin, Sriracha and 3 tablespoons water and bring to a simmer over high heat. Reduce the heat to medium-low and add the chicken. Simmer gently until the chicken is opaque throughout, about 10 minutes. The liquid will thicken slightly as the chicken cooks, but add a bit more water if it gets dry. Meanwhile, bring a pot of water to a boil over high heat.
- Add the soba noodles and a pinch of salt, and cook until al dente, about 5 minutes or according to the package directions. Immediately drain in a colander set in the sink, rinse under cold running water, and let drain again thoroughly. In a sauté pan, heat the olive oil over high heat. When the oil is hot, add the mushrooms and a pinch of salt and cook, stirring often, until tender, 2–3 minutes. In a bowl, toss the soba noodles with the warm chicken and sauce, warm mushrooms and half of the green onions.
- Transfer to a serving bowl and top with the remaining green onions, sesame oil and radish.
- Serve right away. Try out these recipes with soba noodles on Food Republic: [Soba, Cauliflower And Blood Orange Salad Recipe](#)
- [Soba Sushi](#)
- [Rolls Recipe](#)
- [Soba Noodle Salad With Spring Vegetables](#)

Nutrition Facts

PROTEIN 19.92% FAT 35.69% CARBS 44.39%

Properties

Glycemic Index:106.75, Glycemic Load:45.6, Inflammation Score:-7, Nutrition Score:29.636521785156%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 819.06kcal (40.95%), Fat: 33.81g (52.01%), Saturated Fat: 5.25g (32.81%), Carbohydrates: 94.61g (31.54%), Net Carbohydrates: 92.58g (33.67%), Sugar: 4.25g (4.72%), Cholesterol: 107.35mg (35.78%), Sodium: 2946.7mg (128.12%), Alcohol: 0.85g (100%), Alcohol %: 0.28% (100%), Protein: 42.46g (84.92%), Manganese: 1.78mg (89.08%), Vitamin B3: 13.31mg (66.53%), Phosphorus: 604.54mg (60.45%), Vitamin B6: 1.02mg (50.77%), Vitamin B1: 0.68mg (45.32%), Selenium: 29.16µg (41.66%), Magnesium: 159.15mg (39.79%), Vitamin K: 38.66µg (36.82%), Vitamin B5: 3.41mg (34.13%), Vitamin B2: 0.53mg (31.06%), Zinc: 4.42mg (29.49%), Iron: 5.15mg (28.6%), Potassium: 844.52mg (24.13%), Folate: 93.86µg (23.46%), Copper: 0.46mg (22.8%), Vitamin E: 2.49mg (16.59%), Vitamin B12: 0.72µg (12.05%), Vitamin C: 7.71mg (9.35%), Fiber: 2.03g (8.12%), Calcium: 67.77mg (6.78%), Vitamin A: 157.57IU (3.15%), Vitamin D: 0.23µg (1.51%)