

Edamame Soba Noodle Bowl

Web Recipe · Lunch

430 cal · 24g protein · 55g carbs · 14g fat · 4 servings

Ingredients

- 8 oz soba noodles
- 2 cups shelled edamame frozen
- 1 large carrot julienned
- 1 cup red cabbage thinly sliced
- 1 medium cucumber julienned
- 1 cup sugar snap peas sliced
- 2 green onions sliced
- 2 tbsp sesame seeds
- 2 tbsp soy sauce
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp maple syrup
- 1 tbsp fresh ginger grated
- 1 clove garlic minced

Instructions

1. Cook soba noodles according to package directions. Drain and rinse under cold water.
2. Cook edamame according to package directions. Let cool.
3. Make the dressing: whisk together soy sauce, rice vinegar, sesame oil, maple syrup, grated ginger, and garlic.
4. In a large bowl, combine the cooled noodles, edamame, julienned carrot, sliced cabbage, cucumber, and snap peas.
5. Pour dressing over and toss to coat evenly.
6. Divide among containers. Top with green onions, sesame seeds, and cilantro.
7. Serve cold or at room temperature. Great for meal prep.

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