



SOBA NOODLES WITH SEA VEGGIES

SERVES: 4 (approx. ½ cup noodles and 3 Tbsp. sauce each) Prep Time: 17 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving): ½ 1 1 ½

6¼ cups	water, <i>divided use</i>
¼ cup	reduced-sodium tamari soy sauce
¼ cup	mirin
1 (2-inch x 2-inch piece)	kombu
2 Tbsp.	bonito flakes
½ cup	dried wakame
2 Tbsp.	dried hijiki
8	large eggs
4 oz.	dry soba noodles (preferably 100% buckwheat)
¼ cup	toasted sesame seeds
¼ cup	sliced green onion (approx. 1 large)
¼ cup	nori (cut into bite-sized strips)

1. Add 6 cups water to large soup pot; bring to a boil.
2. While water heats, prepare sauce. Add *remaining* ¼ cup water, soy sauce, mirin, and kombu to medium saucepan; bring to a boil, remove from heat.
3. Add bonito to pan; set aside to infuse for 5 minutes. Strain sauce through a fine mesh strainer; discard bonito and kombu. Chill sauce in refrigerator.
4. Place wakame and hijiki in a small bowl; add 1 cup boiling water from soup pot. Soak seaweed in water for 5 minutes; drain and set aside. Continue to boil remaining water.
5. Carefully place eggs in soup pot; cook for 1 minute. Add soba noodles; cook for another 5 minutes. Strain noodles and eggs. Chill noodles in refrigerator for 20 minutes. Rinse eggs under cold running water; peel eggs.
6. Evenly divide noodles among four serving bowls; top evenly with sauce, wakame, hijiki, sesame seeds, green onion, and nori. Place two eggs in each bowl.

RECIPE NOTES:

- Wakame and hijiki seaweed can be found at your local Asian market and many Whole Foods Markets, packaged as medium-sized pieces. They will very likely come dried and you will have to rehydrate them, as is done in this recipe.
- To ensure this recipe is gluten-free, be certain that you purchase 100% buckwheat soba noodles by reading the ingredients list.

NUTRITIONAL INFORMATION (per serving): Calories: 381 Total Fat: 14 g Saturated Fat: 3 g Cholesterol: 432 mg Sodium: 1,283 mg Carbohydrates: 32 g Fiber: 3 g Sugars: 5 g Protein: 23 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.