

Creamy Sesame Arame with Skinny Soba Somen Noodles



🕒 20 - 30 Mins



½ pack skinny soba somen noodles

½ cup arame seaweed rinsed

Filtered water

¼ cup sauerkraut

2 tsp sesame tahini

½ cup fresh or frozen corn

1 thinly sliced spring onion

Zest from one lemon



Cooking Instructions

- Bring a large pot of water to a boil and cook the soba noodles for 3 minutes.
- Drain and rinse in cold water, set aside.
- Place the rinsed arame in a small pan and add enough filtered water to cover, bring to a boil and simmer on low heat for 15 minutes.
- Gently stir in the sauerkraut, tahini and corn and simmer for 5 minutes.
- Arrange the soba noodles in a bowl and top with the creamy arame.
- Garnish with the spring onions and lemon zest.

Delicious!