

# Spring Soba Noodle Salad with Fava Beans

By Gena Hamshaw

A mix of bright, crunchy green vegetables and hearty buckwheat noodles, this recipe is perfect for a light spring dinner.

Serves 6

- 1 cup fresh fava beans, shelled, blanched in boiling water, and waxy coating removed
  - 1 1/2 cup asparagus, chopped into 1 1/2 inch pieces
  - 1 1/2 cup chopped broccoli florets
  - 10 ounces buckwheat soba noodles
  - 1 cup shredded carrot
  - 2 scallions, sliced
  - 6 tablespoons rice vinegar (not seasoned)
  - 1 tablespoon maple syrup or agave nectar
  - 1 tablespoon toasted sesame oil
  - 2 tablespoons avocado or walnut oil (you can substitute olive oil as well)
  - 1 clove finely minced garlic
  - 1 teaspoon crushed fresh ginger
  - 1 1/2 tablespoon tamari or soy sauce
  - 1 tablespoon fresh lime juice
1. Fit a pot of boiling water with a vegetable steamer. Steam the fava beans, asparagus, and broccoli till slightly tender and bright green (about 2 minutes). Quickly rinse under cool water to preserve color and crunch, and set aside.
  2. Whisk the vinegar, syrup, sesame and avocado oil, garlic, ginger, tamari, and lime juice together to make the dressing. Set aside.
  3. Bring a pot of salted water to a boil. Cook soba noodles according to package instructions. When the noodles are ready, drain them and transfer them to a large bowl.
  4. Mix the steamed vegetables and raw carrots and scallions with the noodles. Dress the noodles generously (you may have a little dressing leftover). Allow them to sit for an hour or two before serving. You can add a few more tablespoons of dressing before you serve.