

Edamame & Soba Noodle Salad

9 ingredients · 15 minutes · 4 servings



Directions

1. Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
2. Meanwhile, stir together the olive oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
3. Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

Ingredients

- 7 **1/16 ozs** Buckwheat Soba Noodles (dry, uncooked)
- 2 **cups** Frozen Edamame
- 2 **tbsps** Extra Virgin Olive Oil
- 2 **tbsps** Tamari
- 2 **tbsps** Rice Vinegar
- 1 **tbsp** Maple Syrup
- 1 **tsp** Ginger (fresh, minced)
- 1 **cup** Matchstick Carrots
- 1/2 **cup** Cilantro (chopped)