

Soba Noodle Salad



4.5 from 12 votes

This soba noodle salad with edamame and spicy miso sauce is packed with plant-based protein, colorful veggies and savory flavor. Enjoy hot or cold!

Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Course: Salad Cuisine: American Keyword: soba noodle salad Servings: 12
Calories: 338kcal Author: Brittany Mullins

Ingredients

- 2 medium red bell pepper thinly sliced
- 1.33 cup red cabbage roughly chopped
- 4 small crowns or 1 medium-large crown of broccoli, broken into small florets
- 2 8 oz. package of soba noodles
- 2 16 oz. package of frozen shelled edamame
- sesame seeds or Gomasio to taste

Spicy Miso Sauce

- 4 cloves garlic
- 2 teaspoon grated fresh ginger
- juice of 2 limes
- 6 Tablespoons unseasoned rice vinegar
- 3 Tablespoons maple syrup
- 2 Tablespoon white miso
- 2 Tablespoon peanut butter
- 2 Tablespoon sesame oil
- 1-2 Tablespoon sambal oelek or other crushed chili paste
- 4 teaspoons bragg's liquid aminos or low sodium soy sauce
- 0.5 cup water to thin

Instructions

1. Prep red bell pepper, red cabbage and broccoli by washing and chopping it.
2. Combine all ingredients for the sauce in a blender, blend and then set aside.
3. Begin cooking soba noodles according to package directions in a large pot. When you have about 5 minutes left, add the shelled edamame to the pot of cooking noodles. Place noodles and edamame in a colander and rinse with warm water, drain and place back into the pot. Add red cabbage on top of noodles.
4. While noodles (and edamame) are cooking, heat a large nonstick skillet over medium-high heat. Add 1/2 tablespoon coconut oil to pan; swirl to coat. Add red pepper and broccoli to pan; sauté 6-10 minutes or until tender.
5. Once the veggies are cooked to your liking, add them to the pot with the noodles, edamame and cabbage. Pour sauce over the mixture. Mix well to make sure the sauce gets distributed evenly. It's a little difficult to stir the noodles, but it's totally possible -- just keep mixing.
6. Serve in plates or bowls, making sure to get a good mixture of noodles, edamame and veggies on each. Top with a sprinkle of sesame seeds or Gomasio. Enjoy!