

Cold Mediterranean Soba Noodle Salad



Bring on the summer heat with this cold noodle salad loaded with vegetables! You can add grilled shrimp or salmon for added protein. If you don't like the taste of buckwheat, you can also use rice noodles.

Ingredients:

- 6 oz soba noodles
- 3 scallions
- 2 carrots, shredded or cut into thin strips (skin on)
- 1 cup cilantro, chopped
- 1 red, orange, or yellow bell pepper, cut into thin strips
- 1 cup of broccoli, cut into small, bite size florets
- 1/2 cup toasted slivered almonds or pine nuts
- 1 (15oz) can of garbanzo beans, unsalted preferred, drained & rinsed
- 1 lime, cut into wedges

Dressing:

- 2/3 C tahini
- 1 lime, zested and juiced
- 2 tsp distilled white vinegar,
- Pinch of Kosher salt & pepper
- 1 tsp red chili flakes (optional)
- 1 garlic clove, grated with a fine plane or chopped finely
- 1-inch fresh ginger , grate with a fine plane
- 1 T extra virgin olive oil

Instructions:

1. Cook noodles according to package. Drain under cold water immediately for 2 minutes to stop cooking process and prevent sticking.
2. Add garlic to a small pot with olive oil and sauté 30 seconds (be careful not to burn garlic!) turn off heat and add remaining ingredients and whisk until smooth. Add water, if needed, until sauce is creamy. Add more salt and pepper, if needed.
3. If cold noodles are sticking, rinse under cold water and carefully loosen with a fork before adding to a bowl. Pour dressing into noodles, chopped vegetables, almonds and garbanzo beans. Gently toss with 2 large spoons.

Adapted from: <https://www.themediterraneandish.com>