

Soba Noodle Nourish Bowl With Miso Dressing & Eggs



Preparation time: 20 mins
Serves: 2 people
User Rating: ★★★★★

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Tender soba noodles, vibrant veggies, and a delectable egg on top. Umami miso dressing. Need we say more? This wholesome dish will revitalise your soul in every bite. Pure green goodness.



Ingredients

Miso dressing

- 2 ½ Tbsp white miso
- 2 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 2 tsp honey
- 3 Tbsp olive oil

Nourish Bowl

- 4 eggs
- 140g green soba noodles
- ½ cup frozen edamame
- 350g Kaleslaw kit
- 1 Lebanese cucumber, halved lengthways, diagonally sliced
- 1 small avocado, sliced into wedges
- 150g hot smoked salmon, skin removed and flaked

Method

Miso Dressing

1. Whisk dressing ingredients together and set aside.

Nourish Bowl

1. Cook medium-boiled eggs by adding eggs to a saucepan and cover with tap water. Cook over medium heat. Once the water reaches a simmer, start a timer for 6 minutes.
2. Gently stir the eggs in a clockwise direction (the movement of the water will help centre the yolks).
3. Use a large spoon to remove the eggs from the saucepan. Cool the eggs by running them under cold tap water for 60 seconds or placing them in a bowl of ice water.
4. Add noodles to a second pan with simmering water and cook for 4-5 minutes or until tender. Add frozen edamame for the last 60 seconds. Drain in a colander and refresh with cold water.
5. Divide noodles and edamame into two large serving bowls. Arrange kaleslaw, cucumber, sliced avocado and flaked hot salmon over the top.
6. Cut eggs in half and add to bowl. Drizzle over miso dressing and sprinkle over seeds from the kit. Serve immediately.

Notes

- You can use bottled Japanese or Asian dressing if preferred.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
365g	2110kJ 504kcal	26.3g	32.8g	6g	20g	8g	1320mg	9.9g
	Vitamin D							
	5.7µg							

All nutrition values are per serve.