Sesame Edamame Soba with Seared Tofu

4 soba bowls with tofu and edamame | Active 25 min | Cook 20 min | Total 40 min

Ingredients

- 14 oz extra-firm calcium-set tofu, drained (400 g), cut into 3/4-inch/2 cm cubes
- 8 1/2 oz dry soba noodles (240 g)
- 2 cups frozen shelled edamame (300 g)
- 1 tablespoon neutral vegetable oil (15 ml/14 g)
- 1 tablespoon toasted sesame oil (15 ml/14 g)
- 2 tablespoons reduced-sodium soy sauce (30 ml/32 g)
- 2 tablespoons rice vinegar (30 ml/30 g)
- 2 tablespoons water (30 ml/30 g)
- 2 teaspoons finely grated fresh ginger (8 g)
- 1 large carrot (120 g), peeled into fine ribbons
- 3 scallions (45 g), thinly sliced
- 1 tablespoon sesame seeds (9 g)

Set out

Large pot, Colander, 12-inch/30 cm nonstick skillet, Flexible spatula, Small bowl and whisk, Slotted spoon

Allergens

Soy, Wheat, Sesame. Check labels and substitutions.

Make it

1. Pat drained tofu dry. Heat neutral oil in the skillet over medium-high heat. Add tofu in one layer and cook 8–10 minutes, turning every few minutes, until two or three faces are golden. Move to a plate.

2. Meanwhile, boil edamame in a large pot according to its package instructions, usually 3–5 minutes, until hot and tender. Lift it out with a slotted spoon. Add soba to the same boiling water and cook according to its package time. Drain noodles and rinse thoroughly under cool water, separating strands, then drain well. Combine with the edamame.

3. Whisk sesame oil, soy sauce, vinegar, measured water and ginger. Choose the warm or chilled route before combining the noodles with dressing and vegetables.

4. For warm bowls, return rinsed drained noodles and edamame to the warm empty pot and toss over low heat with all dressing for 1–2 minutes until hot; then add carrot ribbons and scallions. Divide among four bowls and share tofu and sesame seeds equally. For chilled bowls, cool noodles/edamame and tofu promptly in separate shallow containers and refrigerate at 40°F/4°C or below. Combine only when all are cold, tossing noodles/edamame with all dressing, carrot and scallions, then dividing tofu and sesame seeds equally.

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Estimated nutrition per serving

Calories: 525 kcal | Protein: 36.0 g | Carbohydrate: 58.3 g | Fat: 20.9 g | Fiber: not estimated. One of 4 servings. Batch yield: 4 soba bowls with tofu and edamame. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Finish after the commute

The bowl packs neatly with tofu on top and dressing already through the noodles. If you prefer more contrast, keep sesame seeds in a tiny dry container and add them at eating time. They are still the measured tablespoon shared among four portions, rather than an uncounted handful of topping.

A useful detail

Many soba noodles contain wheat as well as buckwheat. Check the package rather than assuming the noodles are gluten-free. This base uses a common buckwheat-wheat blend. The 40-minute base time assumes warm service. Chilled service needs additional cooling and refrigerator time until all components are cold; do not rush it by leaving food on the counter.

Another way

Replace tofu with 400 g plain tempeh, steamed for 10 minutes or any longer full preparation on its actual packet, then browned before serving. This changes time and nutrition.

Replace carrot with 120 g thin cucumber matchsticks for the chilled version, adding them only once the noodles are cold.

Keep it well

Refrigerate at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Keep up to 2 days for best noodle texture. For chilled service, keep cold until eating; for reheating, heat the portion to 165°F/74°C, adding a little water. Carry in an insulated bag with two cold sources and refrigerate on arrival.