Cold Soba with Edamame and Sesame-Citrus Dressing

2 chilled noodle portions · Active 20 min · Total 1 hr 20 min

Skills: Easy

Ingredients

- 5 oz dried soba noodles containing wheat (140 g)
- 1 cup frozen shelled edamame (150 g)
- 1/2 English cucumber, thinly sliced (150 g)
- 2 scallions, thinly sliced
- 3 tablespoons fresh orange juice (45 ml)
- 1 tablespoon rice vinegar (15 ml)
- 1 tablespoon reduced-sodium soy sauce (15 ml)
- 2 teaspoons toasted sesame oil (10 ml)
- 1 teaspoon finely grated fresh ginger
- 2 teaspoons toasted sesame seeds

Set out

Medium saucepan, Colander, Large mixing bowl, Small whisk

Allergens

Wheat, Soy, Sesame. Check labels and substitutions.

Make it

1. Cook the edamame in boiling water according to its package instructions. Lift out with a slotted spoon and cool promptly in a shallow dish in the refrigerator.

2. Cook the soba in the same saucepan of water according to the noodle package, usually 4–6 minutes. Drain and rinse thoroughly under cold running water until cool. Drain very well.

3. Whisk orange juice, rice vinegar, soy sauce, sesame oil and ginger in the mixing bowl.

4. Toss in soba, chilled edamame, cucumber and scallions until the strands are evenly coated.

5. Divide between two lunch containers and scatter sesame seeds over the tops. Refrigerate immediately.

Dress lightly, then pack

A leakproof container matters even for a lightly dressed noodle salad. Leave a little headspace so you can lift and turn the noodles before eating, redistributing dressing that has settled at the bottom.

Timing

Total includes an estimated 60 minutes of refrigerator chilling; wait until the cooked components are fully cold before packing, even if that takes longer.

A useful detail

Buckwheat does not guarantee that soba is wheat-free. Check the noodle ingredients; this base recipe assumes a wheat-containing product.

Keep it well

Keep at 40°F/4°C or below for up to 2 days. Refrigerate promptly after preparation. Carry the salad in an insulated bag with two cold sources and use a workplace refrigerator if available. Do not leave it at room temperature through a shift.