

BOK CHOY AND SOBA NOODLE SALAD

Servings: 4

INGREDIENTS

1 package	soba (buckwheat) noodles
4 cups	bok choy, sliced into ribbons
2	carrots, cut into thin matchstick slices
1	small cucumber, cut into thin matchstick slices
4-6	green onions, thinly sliced (save green parts for topping at end)
4 Tbsp	rice vinegar
3 Tbsp	soy sauce
2 Tbsp	sesame oil
1 tsp	hot sauce (optional)

Optional additions when assembling the salad:

Toasted almonds or walnuts, fresh herbs (cilantro, mint, parsley), roasted seeds such as sunflower or pumpkin, boiled eggs.

DIRECTIONS

1. Whisk together the rice vinegar, sesame oil, soy sauce and hot sauce (if using). Taste and adjust to your liking. Set dressing aside.
2. Cook soba noodles according to package instructions and drain into a strainer.
3. Run noodles under cold water to stop the cooking process. Set aside.
4. In a saucepan over medium heat, sauté the green onion (white parts only) with 1 tablespoon of oil until fragrant, about one minute.
5. Add sliced carrots and sauté only a minute more, just to soften slightly.
6. Add bok choy and sauté until just wilted. Remove pan from heat.
7. Mix cooked vegetables, cucumber, remaining green onion (and optional additions) with noodles and the dressing. Serve warm or cold. Salad will keep in the fridge for up to three days.