

Vegan Soba Noodle Salad



 Serves: 2  Prep: 10 minutes  Cook: 20 minutes  Stack Cup

Developed by Monash FODMAP-trained dietitian [Melissa D'Elia](#) (APD), this delicious and fresh noodle salad is both low FODMAP AND vegan!

Metric

Imperial

ingredients

Soba Noodles

100 g

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Firm Tofu (calcium set)	200 g
Edamame	90 g
2 medium Carrots	150 g
Cucumber	75 g
1 tsp Sesame Seeds (for garnish)	5 g
1 tbsp Garlic Infused Olive Oil	15 g
For the Dressing	
5 tbsp Tamari	100 g
1/2 tsp Garlic Replacer	0.3 g
1 tbsp Maple Syrup	25 g
3 tbsp Rice Wine Vinegar	63 g
1/2 tsp Minced Ginger	2.5 g

Chilli (optional - to taste)

Method

Step 1

Slice tofu into thin cubes. Heat a large fry pan with olive oil and add the tofu. Allow to cook 4-5 minutes before flipping it over to the other side and cooking. Add a dash of tamari and a drop of sesame oil and allow to cook for a further minute.

Step 2

Chop carrot and cucumber into thin slices and set aside.

Step 3

Add soba noodles and edamame beans into a pot of boiling water and cook for 4-5 minutes. Drain and rinse under cold water. Set aside.

Step 4

Prepare the dressing by mixing the tamari, maple syrup, sesame oil, rice wine vinegar and ginger into a bowl. Add chilli if desired/tolerated.

Step 5

In a large bowl, add the noodles, vegetables and tofu and pour the dressing over the top. Sprinkle with a garnish of sesame seeds.

Hints

Other key nutrients (per serve):

- Calcium: 220mg
- Iron: 5.1mg
- Zinc: 2.4mg
- Potassium: 755mg
- Phosphorous: 418mg

Find more from Melissa:

- Website: sprout-nutrition.com.au
- Instagram: [@sproutnutrition_](https://www.instagram.com/sproutnutrition_)
- Facebook: [Sprout Nutrition](https://www.facebook.com/Sprout-Nutrition)

