RECIPE

Sesame soba noodles with tofu and edamame

A warm buckwheat-noodle dinner with seared tofu, edamame and crisp vegetables in a ginger-sesame dressing, about 490 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

35 min

Ingredients

- [ ] 4 cups cooked soba noodles (456 g; from about 4¾ oz / 135 g dry, boiled in unsalted water and drained)
- [ ] 2 cups firm tofu, cut in ½-inch cubes
- [ ] 1 tbsp canola oil
- [ ] 1 cup frozen shelled edamame
- [ ] 2 cups shredded green cabbage
- [ ] 1 cup grated carrot
- [ ] 1 cup thin cucumber slices
- [ ] 4 medium scallions, sliced
- [ ] 3 tbsp low-sodium soy sauce
- [ ] 3 tbsp distilled white vinegar
- [ ] 1 tbsp toasted sesame oil
- [ ] 2 tsp grated fresh ginger
- [ ] 1 tsp garlic powder
- [ ] 2 tsp maple syrup

Method

1. Blot the tofu cubes between clean towels for 10 minutes. Stir the soy sauce, vinegar, sesame oil, ginger, garlic powder and maple syrup together in a small bowl.

2. Bring the water to a boil in a big pot with no salt. At 5,300 ft it boils near 203 °F, so cook the soba 1 to 2 minutes longer than the package says and go by the bite: tender, with a little chew left. Add the edamame to the pot for the last 3 minutes and the cabbage for the last minute.

3. Drain everything into a colander and rinse under cold water, rubbing the noodles gently, until they stop feeling slick. Shake dry and put them in a big bowl with the carrot, cucumber and scallions.

- [ ] 2 tbsp sesame seeds, toasted in a dry pan
- [ ] 4 quarts water for the noodle pot

4. Heat the canola oil in a nonstick pan over medium-high heat. Add the tofu in one layer and leave it alone for 3 to 4 minutes, until golden underneath. Turn the cubes and brown one more side for 2 minutes.

5. Pour half the dressing into the pan. Stir for 1 minute, until it clings to the tofu and the pan is nearly dry. Scrape the tofu into the bowl.

6. Add the rest of the dressing and the sesame seeds and toss with tongs until every strand is coated. Taste a noodle: if it wants more tang, add vinegar a teaspoon at a time, not soy.

7. Serve warm or at room temperature, about 2 cups a bowl. Cool leftovers within 2 hours, then refrigerate for up to 3 days; eat cold, or reheat to 165 °F. The noodles drink up the dressing, so a splash of water loosens them.