

Soba Noodle Salad

Japanese · Salad · Easy · 15 min total · Serves 4

Chilled buckwheat noodles with sesame dressing, cucumber, and edamame.

Ingredients

- 8 oz dried soba noodles
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tsp sugar
- 1 julienned cucumber
- 0.5 cup edamame (shelled, cooked)
- 1 shredded carrot
- 1 tbsp sesame seeds

Method

1. Cook soba per package, rinse under cold water. Drain well.
2. Whisk soy, sesame oil, vinegar, sugar for dressing.
3. Toss noodles with dressing, cucumber, edamame, carrot.
4. Top with sesame seeds. Serve cold.

Generated by My Royal Chef AI - myroyalchef.com - 2026-10-01