

CO-OP MEALS
Dinner in 30

Peanut Soba Noodles & Tempeh

Serves 4; Recipe adapted from Cookie and Kate

Shopping List:

- 1 package soba noodles
- 1 small green cabbage
- 1 bunch scallions
- 1 bunch cilantro
- 1 lime
- 1 package Rhapsody Organic Teriyaki Tempeh
- Small fresh ginger section (1 tablespoon, grated)

Pantry items:

½ cup Peanut butter
3 tablespoons toasted sesame oil, plus extra for cooking
3 tablespoons soy sauce or tamari
3 tablespoons vinegar (rice wine or apple cider)
1-2 tablespoons honey, to taste
2 cloves garlic

Cook:

Set a large pot of water to boil. Set a small pan over medium heat with 1-2 tablespoons sesame oil.

Thinly slice the tempeh and add to pan. Cook 3-4 minutes per side, or until golden brown. Remove from heat and set aside.

Remove the outer layer of cabbage and slice into ribbons. Remove the outer layer from the scallions and slice the white and light green sections into thin rounds. Roughly chop cilantro. Set all aside.

Once the water is boiling, cook soba noodles according to package instructions (see “tips and hints”).

Prepare the peanut sauce by combining all pantry items and grated ginger. Stir or whisk until combined.

Once soba noodles are finished cooking (test one to make sure it’s not under-cooked) strain off cooking water and place noodles into a bowl of cold water. Add ice if necessary to chill noodles. Strain the water from the bowl and then add all remaining ingredients.

Stir to combine, adding lime juice to taste.

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

• Cooking the soba noodles:

Once the water is boiling, rinse soba noodles in a large bowl with cold water, taking care to de-clump as you go. After rinsing, place noodles into the boiling water. Stir and separate a few times during cooking (7-9 minutes). Return the rinsing bowl to the sink and fill with cold water for later.

• Short-cuts:

Jars of ginger and garlic will speed up the process, but make sure to use fresh scallions and cilantro.

• Endless possibilities!

Cold noodle salads can be riffed in many ways. Use any salad dressing or marinade for the sauce, adding complimentary veggies and proteins. Seriouseat.com- where we found the best soba noodle cooking instructions- and food52.com have many suggestions and variations.



CO-OP
FOOD STORES