

Soba Salad with Spinach, Edamame

Servings: 4

Source: New York Times, Mark Bittman, 9/23/09

Ingredients

- Salt And Pepper
- 3 Soba Noodles
- 1 Carrot, Peeled And Finely Chopped
- 2 cups Edamame, Frozen Are Fine
- 2 Soy Sauce
- Juice Of One Lime
- 2 White Or Light Miso
- 1 Mirin Or 1 Tsp Sugar, Or To Taste
- 1 (10 oz) Fresh Spinach, Washed And Trimmed
- ¼ cup Chopped Scallion
- 1 Freshly Grated Ginger

Method

1. Bring a large pot of water to a boil and salt it. Drop in the noodles and carrot and cook until tender, 2 to 4 minutes; add the edamame for about 15 to 30 seconds just to warm, then drain everything in a colander. Set aside.
2. In a large salad bowl, whisk together the soy sauce, lime juice, miso and mirin or sugar. Add spinach, noodles, carrot, edamame, scallion, and toss; then taste and season with salt and pepper as needed. Garnish with grated ginger at the table.

Notes

Goes together very fast and is delicious. The lime I used was big and juicy. That could make a big difference.