

Cold Shiratake Noodle Salad with Tahini Dressing

2 SERVINGS 20 MINUTES



INGREDIENTS

- 3 1/2 ozs Shiratake Noodles
- 2 tbsps Tahini
- 2 tbsps Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 tbsp Tamari
- 2 tsps Sesame Oil
- 1 1/2 tbsps Maple Syrup Or Yacon Syrup
- 3 tbsps Water
- 1/4 cup Radishes (thinly sliced)
- 1 Carrot (medium, thinly sliced into ribbons)
- 1/4 cup Mint Leaves (finely chopped)
- 1/2 cup Chickpeas (cooked, from the can)

DIRECTIONS

- 01 Rinse noodles, drain and rinse again with cold water. Return to hot skillet to dry. Remove and toss with avocado oil and set aside for use.
- 02 Combine the tahini, olive oil, lime juice, tamari, sesame oil, yacon or maple syrup and water in a jar. Mix very well to combine until smooth. Add extra water, one tablespoon at a time if needed to thin the sauce.
- 03 Add the sauce to the noodles and toss to coat.
- 04 Add the radishes, carrot, mint, and chickpeas to the noodles and toss to mix. Divide into bowls and enjoy!

NOTES

NO BUCKWHEAT SOBA NOODLES

Use brown rice noodles or any type of noodle instead.

LOWER CARB

Use zucchini noodles instead of soba noodles.

LEFTOVERS

Best enjoyed cold or at room temperature. Store in the fridge up to 3 to 4 days. Add extra lime juice or olive oil to loosen it up if it sticks after being refrigerated.

NO OLIVE OIL

Use avocado oil instead.

STICKY NOODLE PREVENTION

Toss the noodles in a splash of oil after cooking to prevent them from sticking.

EXTRA GARNISH

Sprinkle with sesame seeds.

NO TAMARI

Use coconut aminos or soy sauce instead.