

Chilled Sesame Soba Noodle Salad

with Spiced Cashews

Stay cool with this chilly summer noodle dish. Soba noodles are made with buckwheat flour (“soba” is the Japanese word for buckwheat). They’re traditionally served either hot in a soup, or cold with a dipping sauce. This time of year, we like the cold preparation, served up with fresh pea shoots, crunchy cucumbers and candied, spiced cashews.



Ingredients

- 1 Tablespoon Light Brown Sugar
- 1/3 Cup Cashews
- 1/2 Teaspoon Ras El Hanout
- 2 1/2 Ounces Pea Shoots
- 2 Kirby Cucumbers
- 2 Scallions
- 1 1-Inch Piece Ginger
- 8 Ounces Soba Noodles
- 2 Tablespoons Mirin
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Sesame Oil

Makes 2 Servings
About 650 Calories Per Serving



Instructions



Prepare the ingredients:

Preheat the oven to 300°F. Heat a medium pot of water to boiling on high. Wash and dry the fresh produce. Trim off and discard the very bottoms of the pea shoots. Thinly slice the cucumbers. Thinly slice the scallions on an angle. Peel and mince the ginger then, using the flat side of your knife, smash until it resembles a paste.



Make the spiced cashews:

Lightly grease a sheetpan (or line it with parchment). In a small pot, combine the **brown sugar, ras el hanout, a pinch of salt and 1 teaspoon of water**. Heat the mixture on low for about 1 minute, stirring frequently. Once the sugar has dissolved, add the **cashews** and stir to coat. Transfer the coated cashews to the sheet pan and roast in the oven 10 to 12 minutes, or until the coating has hardened and the nuts are toasted. Remove from the oven and transfer the nuts to a small bowl.



Cook the soba noodles:

Add the **soba noodles** to the medium pot of boiling water and cook 3 to 5 minutes, or until just cooked through. Drain thoroughly and rinse well under cold water.



Dress the noodles:

In a large bowl, combine the **cooked noodles, half the pea shoots and half of both the scallions and cucumbers**. Add the **sesame oil, soy sauce, mirin and ginger** and toss to combine. Season with pepper to taste and place the bowl of dressed noodles in the refrigerator to chill for 5 to 10 minutes.



Plate your dish:

Take the noodles out of the refrigerator and divide between 2 bowls. Top with the **remaining cucumbers, pea shoots and scallions**. Garnish with the **spiced cashews**. Enjoy!