

# Sesame Soba Noodles

*with Gai Lan, Mushrooms, & Ginger-Lime Peanuts*

**PREP TIME:** 15 minutes

**COOK TIME:** 15-25 minutes

**SERVINGS:** 2

Buckwheat-based soba noodles, a staple of Japanese cuisine, are often served cold or at room temperature, highlighting their earthy flavor. Here, we're dressing cooled soba noodles with a flavorful combination of sesame oil and sweet chili sauce, then tossing in sautéed mushrooms and gai lan, a broccoli relative with large, tender leaves. Marinated carrot and cucumber balance these flavors with a bit of tartness, while a toasted peanut garnish completes the dish with pops of aromatic ginger and lime zest.



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Light & Fresh

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## Ingredients



6 oz  
SOBA NOODLES



6 oz  
CREMINI  
MUSHROOMS



1 bunch  
GAI LAN



1  
CARROT



1  
CUCUMBER



1  
LIME

#### KNICK KNACKS:



2 Tbsp  
SWEET CHILI  
SAUCE



1 1-inch piece  
GINGER



1 Tbsp  
SESAME OIL



2 Tbsp  
ROASTED  
PEANUTS



1 Tbsp  
RICE VINEGAR



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## 1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel the carrot and grate on the large side of a box grater.
- ☐ Peel the cucumber, leaving alternating strips of skin intact. Halve lengthwise; using a spoon, scoop out and discard the seeds. Thinly slice the cucumber crosswise.
- ☐ Using a peeler, remove the green rind of the lime, avoiding the white pith; mince to get 2 teaspoons of zest (or use a zester). Quarter the lime.
- ☐ Peel and finely chop the ginger.
- ☐ Quarter the mushrooms.
- ☐ Cut off and discard the bottom inch of the gai lan stems; roughly chop the leaves and stems.

## 2 Marinate the carrot & cucumber:

- ☐ In a large bowl, combine the **carrot, cucumber, the juice of 2 lime wedges, and ¼ of the ginger**. Drizzle with olive oil and season with salt and pepper. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

## 3 Cook & dress the noodles:

- ☐ While the carrot and cucumber marinate, add the **noodles** to the pot of boiling water (removing and discarding the paper wrapper). Cook 3 to 4 minutes, or until tender. Turn off the heat.
- ☐ Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Return to the pot. Add the **sweet chili sauce** and **sesame oil**; stir to thoroughly coat. Set aside to cool.

## 4 Make the ginger-lime peanuts:

- ☐ While the noodles cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **remaining ginger** and cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Reduce the heat to low. Add the **peanuts**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until lightly browned and fragrant. Add the **lime zest** and cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Transfer to a plate and immediately season with salt. Wipe out the pan.

## 5 Cook the vegetables:

- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **mushrooms**; cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring occasionally, 1 to 2 minutes, or until slightly softened. Add the **gai lan**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the gai lan leaves have wilted. Add the **vinegar** and cook, stirring constantly, 30 seconds to 1 minute, or until the liquid has cooked off. Turn off the heat; season with salt and pepper to taste.

## 6 Finish the noodles & plate your dish:

- ☐ To the pot of **dressed noodles**, add the **cooked vegetables, marinated carrot and cucumber** (including any marinating liquid), and a drizzle of olive oil. Stir to thoroughly combine; season with salt and pepper to taste.
- ☐ Divide the finished noodles between 2 dishes. Garnish with the **ginger-lime peanuts** and **remaining lime wedges**. Enjoy!