Ponzu-Tahini Soba Noodle Salad

with Yellow Beet, Cabbage & Chard

Ponzu sauce and tahini paste balance one another beautifully. Powerfully citrusy and tart, the Japanese sauce is mellowed by the toasted nuttiness of the Middle Eastern paste (made from ground sesame seeds). Combined with a little mirin, they make an incredible dressing for this salad of soba noodles and fall vegetables. In addition to sautéed cabbage and rainbow chard, we're using yellow beet, which is milder and sweeter than its red counterpart. A sprinkling of togarashi (a Japanese blend of chile flakes) finishes the dish with a dash of smoky heat.





Ingredients

- 6 Ounces Soba Noodles
- 3 Cloves Garlic
- 2 Scallions
- 1 Yellow Beet
- 3/4 Pound Green Cabbage
- 1/2 Bunch Rainbow Chard

Knick Knacks

- 2 Tablespoons Mirin
- 2 Tablespoons Ponzu Sauce
- 1 1-Inch Piece Ginger
- 1/4 Cup Tahini
- 2 Teaspoons Sesame-Togarashi Spice Blend (Black Sesame Seeds & Togarashi)

Makes 2 Servings

About 640 Calories Per Serving

Prep Time: 10 min | Cook Time: 15 to 25 min



Prepare the ingredients:

Wash and dry the fresh produce. Heat 2 medium pots of salted water to boiling on high. Cut off and discard both ends of the beet; peel and medium dice. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Cut out and discard the core of the cabbage; thinly slice the leaves. Separate the chard leaves and stems; roughly chop the leaves and thinly slice the stems.



Cook the beet:

Add the **beet** to the first pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and transfer to a large bowl.



Make the dressing:

While the beet cooks, in a small bowl, combine the **mirin**, **ponzu** sauce and **tahini**. Whisk until thoroughly combined; season with salt and pepper to taste.



Cook the noodles:

While the beet continues to cook, add the **noodles** to the second pot of boiling water. Cook 6 to 8 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly and rinse under cold water to prevent the noodles from sticking.



Cook the vegetables:

While the noodles cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **garlic**, **ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Add the **cabbage**, **chard leaves** and **chard stems**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the cabbage and chard leaves are slightly wilted. Remove from heat and transfer to a large bowl.



Finish & plate your dish:

To the bowl of **cooked vegetables**, add the **cooked beet**, **cooked noodles** and as much of the **dressing** as you'd like (you may have extra dressing). Toss to thoroughly combine; season with salt and pepper to taste. Divide between 2 dishes. Garnish with the **green tops of the scallions** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!