

# Buckwheat Soba Noodle in Sweet and Savory Soy Peanut Butter Sauce

(serves 2)

## Ingredients

6 oz buckwheat soba noodles

3 T soy sauce

1 T mirin

1 T smooth peanut butter or any alternative nut butter (use peanut butter with sugar; or if using sugar-free, add 1/2 T of honey or sugar to recipe)

1/2 T garlic, grated

Salt, to taste

Green onions, to taste

Dried seaweed (Nori), to taste

Sesame seeds, to taste

Boil soba noodles for two minutes less than instructed time on the package. You want the texture of the noodles to be al dente, which means soft on the outside with a chewy bite on the inside. This texture holds up the structure of the noodles well. Drain noodles and immediately wash in cold water to rinse off excessive starches.

Alternatively, you can dunk the noodles in ice water to halt the cooking process, then rinse off with fresh cold water. Rinsing is important because removing excess starch will help keep the noodles from sticking together.

For the sauce, mix soy sauce, mirin, peanut butter, and garlic together. If needed, salt to taste. Pour the sauce onto the noodles and thoroughly incorporate the sauce by mixing through with your hands. Top off with chopped green onions, crumbled or thinly sliced seaweed, and sesame seeds. You can add any thinly sliced raw vegetables to the dish or a boiled egg if desired.

*Recipe by Garden Chef Ilene Rouamvongsor*



ATLANTA BOTANICAL GARDEN