

ASIAN BUCKWHEAT NOODLES

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This Asian buckwheat noodle dish is one of my favourite vegan meals at the moment, extremely simple and takes less than 10 minutes to make. The noodles are awesome and a much healthier alternative, I either use store-bought buckwheat soba noodles or I make my own from the recipe in module 3. So many combinations and ways that you can make your own variations on this dish. Plant-based and awesome!

 Makes 2 servings  Total Time: 15min  Prep: 5min

Ingredients

- 100g Buckwheat noodles
- 1/2 a medium carrot
- 1 head of pak choi and extra for serving if you want
- 1 whole Red pepper
- 5 baby sweetcorn
- 1 handful of sugar snap peas
- 2 spring onions
- 50g of sunblush tomatoes
- Small hand full of baby spinach
- 1cm chunk of ginger
- 2 cloves of Garlic
- Pinch of chilli flakes
- Cashews for garnishing
- Pinch of sesame seeds for garnishing

For the sauce:

- 30ml tamari or soy sauce
- 60g tahini
- 20ml maple syrup/raw honey
- 80ml water

Equipment needed:

Mixing bowl, large saucepan, wooden spoon, chopping board, knife, large frying pan or wok

Method

- First off, boil some water and place the buckwheat noodles in, turn down to a medium/low heat and boil for 5 minutes.
- Whilst the noodles are cooking place a frying pan on medium heat and add a teaspoon of coconut oil into the pan.
- Now start preparing all of the vegetables into thin julienne type slices
- Once the pan is ready, cut the sun blushed tomatoes with scissors into small pieces straight into the pan
- Now add all of the veggies and a pinch chilli flakes, salt and pepper. Allow these to cook for a couple of minutes until they are all soft and have a bit of colour, lastly add in the spinach
- Once this is cooked turn off the heat to the pan and pour half the sauce over and stir in.
- The noodles will be cooked now so drain them and place into a mixing bowl. Pour the ingredients from the pan into the mixing bowl as well along with the other half of the sauce and mix around until evenly covered.
- Now it's ready to serve. I finish mine off with another pinch of chilli flakes, some slices of spring onions, cashews, sesame seeds and a wedge of lime.