



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

SOBA SALAD WITH SPRING VEGETABLES



A salad of delights with fresh spring veggies, a delicious dressing, and tasty soba noodles. Everyone will love this light salad.



00 HR 40 MINS



Serves 4 to 6



Featuring

[Iacopi Farms](#)

[J&M Farms](#)

INGREDIENTS

- 3 cups shredded napa, green or red cabbage (approx. 1/2 lb)
- 1 cup shredded carrot (approx. 1/4 lb or one large carrot)
- 2 cups shredded daikon (approx. 1/2 lb)
- 2 cups sugar snap peas (approx. 1/2 lb)
- 1/2 pound soba noodles
- 1 teaspoon kosher salt for dressing
- 6 tablespoons rice vinegar
- 3 tablespoons soy sauce
- 2 tablespoons mirin
- 2 tablespoons olive oil
- 1 tablespoon toasted sesame oil
- 1/2 teaspoon cayenne pepper
- 2 teaspoons chopped garlic, or 1 tablespoon chopped fresh or green garlic
- 1 tablespoon minced ginger

- 1 cup salted roasted peanuts, chopped
- 1 cup cilantro, chopped (including leaves and stems)
- 3 scallions, both white and green, sliced into rounds

METHOD

Shred cabbage, carrot, and daikon, and clean and slice snow peas. Toss vegetables, and reserve 2 cups for garnish. Toss the rest with 1 tsp. salt to release excess moisture. Drain before combining with noodles and dressing.

Combine vinegar, soy sauce, mirin, olive oil, toasted sesame oil, and cayenne. Whisk together. Then add scallions, ginger, garlic, and cilantro. Allow to sit while preparing pasta. Boil pasta for 4 minutes, then run under cold water until cold. Toss drained veggies and add to soba noodles.