

Garlic Soba and Zucchini Noodles

The Zone @ UCSD

Ingredients

- 4 ounces soba noodles
- 1 tablespoon olive oil
- 2-3 cloves garlic, grated
- 1 tablespoon grated ginger
- 1/4 cup soy sauce
- 2 tablespoons water
- 1 tablespoon honey or vegan substitute
- 1/2 small red onion, thinly sliced
- 1 small yellow bell pepper, thinly sliced
- 1 small zucchini, julienned into noodles, roughly 2 cups worth
- 2-3 tablespoons toasted sesame seeds



Instructions

1. Bring water to boil in a pot. Add soba noodles and cook until tender, 4-5 minutes. Drain and rinse under cold water and set aside
2. In a large skillet, heat olive oil over medium-low heat. Add grated garlic and ginger, cooking for 1 minute. Pour in soy sauce, water, and honey. Bring to a boil, reduce to a simmer, and cook for 2 minutes
3. Add in thinly sliced red onion and yellow peppers to the soy sauce mixture and cook for 3-4 minutes until tender. Next, add zucchini noodles, stirring to coat the noodles. Cook for 1-2 minutes. Taste and add more soy sauce or honey if desired.
4. Toss with soba noodles and serve with a sprinkle of toasted sesame seeds. Can be served cold or warm.

Recipe Notes



- The dish holds well in the fridge for a few days, so feel free to make a big batch ahead of time.
- Customize the dish with your favorite vegetables! Snow peas, broccoli, or carrots would be a wonderful addition.