



Manuka Ginger Soba Noodles

EASY • 35 MINS

Light and fresh while also being super nourishing and satiating. Soba noodles can be enjoyed either cold or warm, making them perfect for on-the-go work lunches, or quick but healthy dinners.

Made with Manuka Honey to sweeten and balance the flavours perfectly.



SKILL LEVEL
Easy

PREP TIME
10 mins

COOKING TIME
25 mins

SERVINGS
2-4

Ingredients

- 250g Soba Noodles

Method

1. Cook the soba noodles as per the packet instructions. Rinse and drain.

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- 200g Tofu or protein of choice (chicken, prawns)
- 2 tbsp Sesame Oil
- 1 tbsp fresh Ginger
- Chilli (To taste)
- 1 tbsp Soy Sauce
- 1 tbsp Rice Vinegar
- A squeeze of **Capilano Manuka Honey**
- Spring Onions (To garnish)

Method

2. Make the dressing by gently warming a couple of tablespoons of sesame oil in a pan and add ginger, chilli, soy sauce and rice vinegar. Remove from heat and cool to room temp. Add some honey and mix.
3. To Make the Tofu, heat oil in a pan and fry the tofu cubes until golden and crispy. Add some spring onions and cook until glazed.
4. To assemble this dish, add cooked noodles, tofu and dressing to a bowl. Toss and mix well. Serve immediately.

Used in this recipe



Australian Manuka Honey

Nature's Sweet Superfood

Capilano Raw & Unpasteurised Manuka Honey is independently tested and certified to contain a minimum 30 mg/kg of Methylglyoxal (MGO).

The higher the MGO, the more potent the honey.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's Australian Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Australia produces some of the most potent, best tasting Manuka in the world. With a rich, smooth, caramel taste, enjoy it in your daily cup of tea, smoothies, cereal, or simply by the spoonful.

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