



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 Bioactive Manuka Honey to sweeten and balance the flavours perfectly.



SKILL LEVEL
Easy

PREP TIME
10 mins

COOKING TIME
25 mins

SERVINGS
2-4

Ingredients

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

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- 250g Soba Noodles
- 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 Active Manuka Honey](#)
- Spring Onions (To garnish)

Method

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



FLORAL MANUKA HONEY

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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