

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

SERVINGS

Ingredients

• 250g Soba Noodles

Method

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

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

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!



- 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

- 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.

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

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!