



## 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 Authentic Manuka Honey to sweeten and balance the flavors perfectly.



**SKILL LEVEL**  
Easy

**PREP TIME**  
10 mins

**COOKING TIME**  
25 mins

**SERVINGS**  
2-4

### Ingredients

Visit [capilanothoney.com.au](https://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 Authentic 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



### AUTHENTIC MANUKA HONEY

#### Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

#### 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 premium, Manuka honey has a rich, smooth, caramel taste.

#### Boost your Daily Health Routine

Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

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