

# Soba Noodles Bowl

Yields 2 servings

## Ingredients:

- 1 package (9 oz) organic soba noodles
- 1 Tbsp sesame oil (optional)
- 4 oz organic sliced shiitake, oyster, sliced cremini, or sliced button mushrooms
- 2-3 organic baby bok choy, ends trimmed
- 2-3 Tbsp organic yellow miso\*
- 4 cups filtered water\*
- 2-4 oz cubed organic firm or extra firm tofu (optional)

## Garnish Options:

- 2 organic scallions/green onions, sliced
- Fresh organic cilantro sprigs
- Sesame seeds
- Red pepper flakes (optional)

## Directions:

1. Cook your soba noodles according to package instructions, rinse under cool water and set aside.
2. In a wok or medium pan, heat 1 Tbsp sesame oil or 1/4 cup water over medium-high heat, add fresh mushrooms and stir fry for about 4-5 minutes. Optional to add a little soy sauce or tamari for a little extra flavor.
3. Reduce heat to medium, pour 4 cups of water into the pan, and add the bok choy.
4. Whisk the miso paste with  $\frac{1}{4}$  cup of warm water to dissolve and add to the pan.
5. Cook over medium to medium-low heat for 6-8 minutes, or until bok choy is tender, stirring occasionally (don't let the soup boil). Add the optional tofu to the soup to warm through.

6. Assemble the bowls: in individual serving bowls, add 1/2 of the soba noodles and top with 1/2 of the bok choy, mushrooms, and miso broth over top. Top with sliced scallions, cilantro sprigs and sesame seeds if using.

*\*If you don't have miso on hand, vegetable broth may be used in place of miso and water.*