



fresh produce



• seafood



• gourmet



Soba Noodles tossed with Maitake Mushrooms, Tofu and Seaweed

Serves: 1

Ingredients

- 1 cup cooked soba noodles
- 1 packet or 90g Yukiguni Maitake mushrooms, roughly chopped
- ¼ cup silken tofu, spooned out in pieces
- 1 sheet unseasoned seaweed, cut in pieces
- 1 tbs soy sauce
- 1 tbs sesame oil
- ½ stalk spring onion, chopped
- ½ tsp white or black sesame seeds for garnish (optional)
- 2 tsp olive oil

Preparation

1. Heat olive oil in a pan and sauté mushrooms.
2. Toss noodles with soy sauce and sesame oil.
3. Add in sautéed mushrooms, pieces of silken tofu and pieces of seaweed.
4. Top with spring onion and sesame seeds.

