

Soba Noodle Salad with Sesame-Crusted Tofu

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Chef's Notes

Pure black sesame oil is used in this recipe.

The soft-medium tofu used is made from a tea house in Chinatown. If you're using the packaged tofu, you may need to use more.

Adjust the amount of ginger and pepper flakes according to your taste.

You can add other vegetables to your liking.

You can also replace tofu with leftover roast chicken or grilled shrimps.

Step 1: Making the vinaigrette

- 1/2 cup light soy sauce or tamari
 - 1/4 rice vinegar
 - 2 T canola oil
 - 2 T pure sesame oil
 - 2 tsp Dijon mustard
 - 1 T finely grated peeled fresh ginger
 - 1 green onion, chopped
 - 2 tsp dried red pepper flakes
- Whisk all the ingredients in a bowl. Set aside.

Step 2: Preparing Mise-en-place

- 200 grams soba noodles (about 2 bundles)
 - 1 block soft tofu, about 350-400 grams
 - 1/4 cup flour
 - 1 egg
 - 1 1/2 cup bonito flakes
 - 2 T black sesame seeds
- Heat a pot of water to a boil.
- While the water is boiling, assemble the sesame-crusted tofu. Place the flour on the first plate. On the second plate, beat the eggs and on the third plate, combine the bonito flakes and the black sesame seeds.
- Dredge the tofu in flour, then into the beaten eggs and then coat with bonito flakes and sesame seeds mixture. Set aside.

Step 3: Cooking the noodles

- 200g soba noodles (about 4 bundles)
- When the water is already boiling, add soba and cook for 5-6 minutes or until al dente.
- When the soba is ready, drain through a colander and rinse with cold water. Drain excess water from the colander.

Step 4: Cooking the asparagus and tofu

- 1/2 bundle asparagus, cut in half, on a bias
- 2 T canola oil

Heat 1/2 T of oil in a pan over medium heat. Saute the asparagus until crisp-tender. Transfer to a plate.

Add and heat the rest of the oil. Add the tofu, lower the heat slightly and cook until lightly browned on all sides

Step 5: Assembling the salad

- 1 cup fresh cilantro leaves
- 1 cup juicy fat bean sprouts
- 1 cup sugar snap peas, trim off strings, julienne (approx)

While the tofu is cooking, combine the greens, cilantro leaves bean sprouts, sugar snap peas cooked asparagus, soba noodles and about 1/2 of the vinaigrette.

Divide into four plates and top with the tofu. Serve tofu hot with the rest of the vinaigrette as dipping sauce.