

# Soba noodle salad with tahini dressing

Total time **25 mins** 15 mins preparation time 10 mins cooking time

Nutritional facts (per portion):  
**1,630 kJ / 390 kcal**

Fat: **14 g** Protein: **12 g**  
Carbohydrates: **50 g**

## INGREDIENTS

2 portion(s)

**200 g** soba noodles  
**80 g** carrot  
**100 g** cucumber  
**100 g** red pepper  
**0.5** red onion  
**30 ml** [Kikkoman Naturally Brewed Soy Sauce](#)  
**10 ml** rice vinegar  
**10 ml** maple syrup or honey  
**10 g** tahini  
**120 g** cherry tomatoes (red and yellow)  
A few coriander leaves for garnish

## PREPARATION

### Step 1

**200 g** soba noodles - **80 g** carrot - **100 g** cucumber - **100 g** red pepper - **0.5** red onion

Cook the soba noodles according to the package instructions, then rinse under cold water and drain. Peel the carrot, then cut it along with the cucumber and red pepper into thin sticks (ca. 5 cm long). Slice the onion into thin wedges.

### Step 2

**30 ml** [Kikkoman Naturally Brewed Soy Sauce](#) - **10 ml** rice vinegar - **10 ml** maple syrup or honey - **10 g** tahini

Mix all the above ingredients together to make the dressing.

### Step 3

**120 g** cherry tomatoes (red and yellow) - A few coriander leaves for garnish

Cut the cherry tomatoes in half. Combine the noodles with the vegetables from step 1, add the tomatoes, pour over the dressing and toss gently. Garnish with the coriander leaves.