KIKKOMAN

Soba noodles with parsley & pear

Total time **60 mins** **20 mins** preparation time **40 mins** cooking time

Nutritional facts (per portion):
2,411 kJ / 567 kcal

Fat: **20.4 g** Protein: **15.2 g**
Carbohydrates: **79.9 g**

INGREDIENTS

2 portion(s)

150 g	Pre-cooked soba noodles
Roasted parsley:	
200 g	Parsley root
40 ml	Kikkoman Naturally Brewed Soy Sauce
20 ml	Kikkoman Toasted Sesame Oil
20 g	Vegan miso paste
10 g	Sugar
1 tbsp	Rice vinegar
Sauce:	
60 g	Ketchup
20 ml	Kikkoman Naturally Brewed Soy Sauce
30 ml	Organic Worcestershire sauce
Side dishes:	
80 g	Onion
40 g	Shiitake mushrooms
60 g	Carrot
60 g	Red cabbage
40 ml	Rapeseed oil
Salad:	
1	Pear
70 g	Fennel
1 tsp	Brown sugar
40 ml	Kikkoman Naturally Brewed Soy Sauce
30 ml	Lime juice
Garnish:	
1 tsp	Chopped chives

PREPARATION

Step 1

200 g Parsley root - **40 ml** Kikkoman Naturally Brewed Soy Sauce - **20 ml** Kikkoman Toasted Sesame Oil - **20 g** Vegan miso paste - **10 g** Sugar - **1 tbsp** Rice vinegar
Cut the parsley root into smaller pieces and mix with the remaining ingredients. Spread on a baking tray and roast at 180 °C for 30 minutes.

Step 2

60 g Ketchup - **20 ml** Kikkoman Naturally Brewed Soy Sauce - **30 ml** Organic Worcestershire sauce
Mix the ingredients for the sauce.

Step 3

80 g Onion - **40 g** Shiitake mushrooms - **60 g** Carrot - **60 g** Red cabbage - **40 ml** Rapeseed oil - **150 g** Pre-cooked soba noodles
Cut the onion into strips, slice the mushrooms, and cut the washed carrot and cabbage into julienne. Fry the vegetables in oil for 3 minutes, then add the noodles and sauce and cook for a further 3 minutes.

Step 4

1 Pear - **70 g** Fennel - **1 tsp** Brown sugar - **40 ml** Kikkoman Naturally Brewed Soy Sauce - **30 ml** Lime juice - **1 tsp** Chopped chives
Cut the pear and fennel into thin slices. Mix the brown sugar, Kikkoman Soy Sauce and lime juice and toss with the sliced ingredients.
Arrange the cooked yakisoba on a plate, sprinkle with the roasted parsley and chopped chives and serve the salad in a separate bowl.