



# Low FODMAP Vegan Soba Noodle

## Salad

Developed by Monash FODMAP-trained dietitian Melissa D'Elia (APD)

Serves: 2

Prep: 10 minutes

Cook: 20 minutes



Ingredients	Metric	Imperial
Soba Noodles	100 g	3.52 oz
Firm Tofu (calcium set)	200 g	7.05 oz
Edamame	90 g	3.17 oz
2 medium Carrots	150 g	5.29 oz
Cucumber	75 g	2.65 oz
1 tsp Sesame Seeds (for garnish)	5 g	0.18 oz
1 tbsp Garlic Infused Olive Oil	15 g	0.53 oz
<b>For the Dressing</b>		
5 tbsp Tamari	100 g	3.53 oz
1/2 tsp Garlic Replacer	0.3 g	0.1 oz
1 tbsp Maple Syrup	25 g	0.88 oz
3 tbsp Rice Wine Vinegar	63 g	2.22 oz
1/2 tsp Minced Ginger	2.5 g	0.09 oz
Chilli (optional - to taste)		

### Method

1. Slice tofu into thin cubes. Heat a large fry pan with olive oil and add the tofu. Allow to cook 4-5 minutes before flipping it over to the other side and cooking. Add a dash of tamari and a drop of sesame oil and allow to cook for a further minute.
2. Chop carrot and cucumber into thin slices and set aside.
3. Add soba noodles and edamame beans into a pot of boiling water and cook for 4-5 minutes. Drain and rinse under cold water. Set aside.
4. Prepare the dressing by mixing the tamari, maple syrup, sesame oil, rice wine vinegar and ginger into a bowl. Add chilli if desired/tolerated.
5. In a large bowl, add the noodles, vegetables and tofu and pour the dressing over the top. Sprinkle with a garnish of sesame seeds.

Nutrition Information (per serve)	
<b>Energy</b>	2267 Kj / 542 cal
<b>Protein</b>	30.00g
<b>Carbohydrates</b>	58.40g
<b>Sugar</b>	19.00g
<b>Total Fat</b>	20.80g
<b>Saturated Fat</b>	3.20g
<b>Fibre</b>	11.00g