

MEAL KITS

Sesame Noodles with Tomato, Cucumber and Avocado

ASSEMBLY/COOKING TIME: 15 minutes or less

Chef Tim Ma's fresh-tasting, room-temperature dish is loaded with texture. The noodles are the only thing you need to cook. Want to make more dressing yourself? See the NOTE, below.

WHAT YOU'LL NEED: A pot, a strainer, medium bowl, large bowl, cutting board, sharp knife, salt, pepper.

WHAT KIDS CAN DO: Squeeze the lime's juice, stir together the vegetable topping, drain the cooled soba noodles, toss the noodles with the dressing.

WHAT YOU CAN ADD IN: Cooked chicken, or canned salmon, or canned tuna, or cooked white beans.

TO MAKE 4 SERVINGS

8 ounces dried soba noodles
(1 packet)

8 ounces cherry or grape
tomatoes, each cut in half (in
prepared packet)

1/2 seedless cucumber, cut
into small chunks (in
prepared packet)

1 ripe avocado

4 mint leaves

1 lime

Ginger-garlic dressing
(prepared)

1 packet sesame seeds (1
tablespoon plus 1 teaspoon)

Salt and pepper

Soy sauce eggs (in prepared
container)



COOK THE NOODLES: Boil 6 cups of water in a pot; add the noodles and cook for 6 minutes. Drain and immediately transfer the noodles to a large bowl of cold water to cool.



MIX THE VEGETABLES: Combine the tomatoes and cucumber in a medium bowl. Cut the avocado in half, discard the pit and peel. Cut the flesh into thin slices or chunks. Stack the mint leaves on a cutting board then cut into very thin slices. Add the avocado and mint to the bowl. Cut the lime in half, then squeeze its juice into the bowl. Stir to coat all the vegetables.



ASSEMBLE THE DISH: Drain the noodles well, pouring out all the water. Place them back in the same bowl. Add some dressing and sesame seeds; stir to coat. Taste and add a pinch each of the salt and pepper (or as much as you like). Divide the dressed noodles among 4 serving bowls. Spoon the vegetable mixture on top of each portion. Cut each soy sauce egg in half and add 1 or 2 halves to each bowl.



To make your own ginger-garlic dressing, stir together 4 tablespoons unseasoned rice vinegar, 2 tablespoons soy sauce, 1 teaspoon sesame oil, 1 teaspoon honey, 1 teaspoon minced garlic, 1 teaspoon peeled minced ginger in a jar. Seal the lid and shake until well blended. This can be refrigerated for up to 3 days.

MEAL KIT TIPS

DID YOU KNOW?



SOBA NOODLES are a good source of protein and fiber! They cook quickly, and you don't need to add any salt to their cooking water.



The **MARINADE** from the soy sauce eggs can be used once more to make another batch! Reheat to almost boiling, then turn off the heat and add your cooked, peeled eggs.



SOY SAUCE EGGS are popular in Japanese and Chinese dishes. The eggs are either hard- or soft-boiled, then peeled and steeped in heated soy sauce for just a few minutes, which colors them light brown. They are enjoyed in ramen bowls and on top of steamed rice.



The fresh **MINT LEAVES** in this kit add crunch and flavor to the soba noodle recipe (included in this box), but they are also good for summer drinks! Freeze in water/ice cube trays, for iced tea, lemonade and agua frescas.

WHAT ELSE CAN YOU MAKE WITH THE INGREDIENTS IN THIS MEAL KIT?

SOBA NOODLE SOUP!

Cook the **soba noodles** (as directed in the accompanying recipe) and add to your favorite soup broth. Top with **soy sauce egg** halves and drizzle with your favorite hot sauce or chili oil.

GINGER KALE SALAD!

Toss chopped kale or your favorite greens with the **tomato-cucumber-avocado** mixture (from the accompanying recipe) and **ginger-garlic dressing**. Sprinkle with **sesame seeds**.

GRILLED STUFFED AVOCADOS!

Cook **avocado** halves in a grill pan or outdoor grill just till grill marks form. Fill the halves with an add-in protein (such as cooked shrimp or canned salmon). Drizzle with the **ginger-garlic dressing**.

AFTERNOON SKEWER SNACKS!

Insert toothpicks into the **cherry/grape tomatoes** and **cucumbers**. Mix a little of your favorite nut butter and crushed red pepper flakes into some of the **ginger-garlic dressing** to create a dipping sauce.