



Cold Noodle Salad with Tahini Dressing

2 servings
20 minutes

Ingredients

3 1/2 ozs Buckwheat Soba Noodles
2 tbsps Tahini
2 tbsps Extra Virgin Olive Oil
1 Lime (juiced)
1 tbsp Tamari
2 tsps Sesame Oil
1 1/2 tsps Maple Syrup
3 tbsps Water
1/4 cup Radishes (thinly sliced)
1 Carrot (medium, thinly sliced into ribbons)
1/4 cup Mint Leaves (finely chopped)
1/2 cup Chickpeas (cooked, from the can)

Directions

- 1 Make the noodles according to the directions on the package, drain and rinse with cold water. Return to the pot (but don't heat).
- 2 Combine the tahini, olive oil, lime juice, tamari, sesame oil, maple syrup and water in a jar. Mix very well to combine until smooth. Add extra water, one tablespoon at a time if needed to thin the sauce.
- 3 Add the sauce to the noodles and toss to coat.
- 4 Add the radishes, carrot, mint, and chickpeas to the noodles and toss to mix. Divide into bowls and enjoy!

Notes

No Buckwheat Soba Noodles, Use brown rice noodles.

Lower Carb, Use zucchini noodles.

Leftovers, Best enjoyed cold or at room temperature. Store in the fridge up to 3 to 4 days. Add extra lime juice or olive oil to loosen it up if it sticks after being refrigerated.

No Olive Oil, Use avocado oil instead.

Sticky Noodle Prevention, Toss the noodles in a splash of oil after cooking to prevent them from sticking.

Extra Garnish, Sprinkle with sesame seeds.

No Tamari, Use coconut aminos or soy sauce instead.

Foods that Heal, Carrots boost bile production, which increases the body's ability to digest fat.