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# Veggie Sesame Noodles

Author: Cookie and Kate Prep Time: 20 minutes

Total Time: 20 minutes Yield: 6  Category: Main

★★★★★

4.9 from 19 reviews

This vegetarian soba noodles recipe is a colorful, healthy, delicious meal! It's super easy to prepare, too. Just cook the noodles and toss in the rest!

## INGREDIENTS

SCALE



- 8 ounces [soba noodles](#) or spaghetti noodles of choice
- ½ cup reduced sodium tamari (or soy sauce, just be sure it's reduced sodium or it will taste too salty)
- 1 teaspoon sesame oil
- 2 tablespoons quality peanut oil, olive oil or vegetable oil
- 2 tablespoons rice wine vinegar
- 1½ teaspoon red pepper flakes
- 1 bunch green onions, chopped (I used half a bag)
- ¾ cup chopped cilantro
- 1 red bell pepper, sliced thin
- ¼ head of red cabbage, thinly sliced
- 3 whole carrots, shredded with vegetable peeler
- 2 cups shelled edamame, steamed
- ½ cup toasted sesame seeds

Optional ingredients for extra flavor

- Fresh lime juice, to taste
- 1 jalapeño, finely chopped
- Peanut butter!

## INSTRUCTIONS

1. Cook soba noodles according to directions, and rinse in a colander.
2. Chop up all your vegetables, and toss into a bowl with the soba noodles.
3. In a small bowl, whisk together the tamari, sesame oil, other oil, rice wine vinegar and red pepper flakes.
4. Pour the dressing into the pasta and veggies and toss well to combine. Enjoy!

## NOTES

Recipe adapted from [Last Minute Sesame Noodles on Aggie's Kitchen](#), originally from [Eatingwell.com](#)

**Make it gluten free:** If you are sensitive to gluten, seek out 100% buckwheat soba noodles or substitute your favorite gluten-free spaghetti.

## ► NUTRITION INFORMATION

### *Did you make this recipe?*

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

Recipe from Cookie and Kate: <https://cookieandkate.com/vegetarian-soba-noodles-recipe/>