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## **Edamame Soba Noodles**

Soba noodles can be served hot or cold, so this lunch is great hot off the stove or the next day as leftovers. Made from buckwheat, soba noodles are hearty and filling—perfect for fueling those long workouts.

Topped with fresh ginger, chopped basil, and a hardboiled egg for protein, this delicious Asian-inspired lunch will quickly become a quick and easy favorite. For a vegan option, substitute soft tofu with chopped scallions in place of the egg.

Prep time: 5 min. Cook time: 10 min.

### **Ingredients**

4 oz. soba noodles  
1/2 cup frozen edamame beans  
1/4 cup chopped Thai basil  
1 tsp finely minced fresh ginger  
1 tbsp soy sauce  
2 tsp sesame oil  
Juice of half a lemon  
2 tsp agave  
1 tbsp black sesame seeds  
1 soft-boiled egg

### **Directions**

1. For the egg: bring a shallow pot with a lid to a full boil. (Put as many eggs as you like inside the pot and cook them in batches for more efficient meal prep.) Cover the pot and boil for 7 minutes. Take the eggs out of the pot, and submerge immediately in ice water. Once cooled, peel the eggs and store in the refrigerator in an airtight container until ready to use.
2. In a small bowl, combine ginger, soy, sesame oil, lemon juice, agave, and sesame seeds to make a vinaigrette for the noodles.
3. Fill a large pot with water and bring to a boil. Add a pinch of salt, then add the soba noodles. Cook according to directions on package.

4. Just before straining the soba noodles, add the frozen edamame to the boiling water to quickly thaw. Strain, then immediately cool the noodles and edamame under running water.

5. Toss the cooled noodles and edamame with the basil and vinaigrette. Transfer to two serving bowls. Cut one egg in half, and place one half in each bowl.

Serving size: 1 bowl

Recipe yields 2 servings