



Makes 10 cups
Preparation Time: 30 minutes
Cook Time: 1 hours

INGREDIENTS:

1 8-oz. package dry soba noodles, broken once

1½ cups fresh or frozen shelled edamame

¼ cup lemon juice

2 teaspoons lemon zest

1 teaspoon pure cane sugar

½ to 1 teaspoon Aleppo pepper or ½ teaspoon crushed red pepper (optional)

¼ teaspoon sea salt

1 fresh papaya, halved, seeded, peeled, and cut into ½-inch cubes (2 cups)

2 cups fresh pineapple cubes (½-inch cubes)

1 medium avocado, halved, seeded, peeled, and chopped

½ cup shredded fresh basil

Tropical Soba Noodle Bowls

Soba noodles, made from buckwheat, have a nutty, earthy flavor and robust texture. They make for a sturdy base in this tropical noodle bowl, which features tangy [pineapple](#), creamy avocado, sweet papaya, and a spicy citrus dressing that soaks into the chewy noodles. Edamame beans add extra heft while a garnish of fresh basil ties everything together with the perfect herbal kick. This soba noodle bowl tastes absolutely divine when served chilled, and is the perfect meal for a [grab-and-go lunch](#) to ensure you have something filling and refreshing to keep you fueled up for the rest of your day.

For more soba noodle recipes, check out these tasty ideas:

- [Dan Dan Mian Noodles](#)
- [Vegan Soba Noodle Salad](#)
- [Vegan Miso Soup with Noodles and Tofu](#)
- [Khow Suey \(Burmese Curry Noodle Soup\)](#)

By Shelli McConnell

- 1 Cook noodles according to package directions, adding edamame to pot the last 1 minute of cooking; drain. Rinse under cold water; drain well.
- 2 For dressing, in a shallow bowl whisk together lemon juice, lemon zest, sugar, Aleppo pepper (if using), sea salt, and ¼ cup water. Reserve 2 tablespoons dressing. Add noodle mixture to bowl; toss to coat. Cover and chill 1 hour.
- 3 Top noodle mixture with papaya, pineapple, and avocado. Drizzle with reserved dressing. Sprinkle with basil and additional Aleppo pepper (if using).