



Makes 4 bowls
Preparation Time: 30 minutes
Cook Time: 20 minutes

INGREDIENTS:

1 medium bulb fennel, trimmed,
halved, and very thinly sliced

$\frac{3}{4}$ cup slivered sweet onion

$\frac{3}{8}$ cup rice vinegar

1 teaspoon sea salt

12 oz. dry buckwheat (soba)
noodles

1½ cups frozen shelled
edamame or 2½ cups edamame
in the shell, thawed

1 medium fresh Thai chile or
serrano chile (see tip, recipe
intro)

2 medium heads baby bok choy,
thinly sliced crosswise

$\frac{1}{4}$ cup tahini

2 tablespoons tamarind paste

1 tablespoon red miso paste

1 tablespoon no-salt-added
tomato paste

1 tablespoon finely chopped
fresh ginger

$\frac{1}{2}$ cup coarsely chopped fresh
cilantro

2 teaspoons sesame seeds,
toasted

Spicy Soba Bowls with Bok Choy

In this satisfying cold noodle bowl, hearty **buckwheat** soba noodles bring a unique, nutty flavor that stands up beautifully to the sweet-tart tang of quick-pickled fennel and onion. Tossed with tender edamame and crisp **bok choy**, and finished with a rich dressing of tahini, tamarind, and red miso, this sensational soba bowl is both earthy and refreshing. Garnish with fresh cilantro and toasted sesame seeds.

Tips

To Make Ahead: Prepare fennel mixture as directed in Step 1. Prepare noodles and edamame as directed in Step 2; place in an airtight container. Store noodle mixture and fennel mixture in the refrigerator up to 3 days. Continue as directed in Step 3.

Pickling tip: Be sure to press the onion and fennel into the vinegar and stir occasionally so everything gets pickled.

Gluten-free version: Buckwheat is naturally gluten-free; however, some buckwheat noodles may contain wheat flour, so be sure to look for a certified gluten-free brand. Check that the tamarind paste and red miso paste are also gluten-free, as some brands may contain gluten.

Wear gloves: Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

For more inspiration, check out these tasty ideas:

- [Summer Noodle Bowls with Fresh Corn and Blackberries](#)
- [Lebanese 7-Spice Noodle Bowl with Eggplant and Roasted Garlic](#)
- [Chilled Noodle Bowls with Mixed Veggies and Minted Pea Dressing](#)
- [Brown Rice Noodle Bowls with Ginger-Garlic Sauce](#)

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- 1 Place fennel and onion in a medium bowl. In a small saucepan bring vinegar and salt just to boiling. Pour over fennel mixture. Toss to combine; press down on vegetables with the back of a spoon. Cover and let stand 30 minutes at room temperature or up to 3 days in the refrigerator, stirring occasionally.
- 2 Meanwhile, in a 6- to 8-quart heavy pot cook noodles according to package directions, adding edamame the last 2 to 3 minutes of cooking. Reserve $\frac{1}{4}$ cup of the cooking water, then drain noodles and edamame in a large colander; rinse with cold water to cool quickly. Drain again. Transfer to a large bowl; toss with 2 to 3 tablespoons of the reserved cooking water so the mixture stays loose.
- 3 Remove stem and seeds (if desired) from chile. Cut crosswise into very thin slices. Drain fennel mixture, reserving the soaking liquid. Divide noodle mixture, fennel mixture, chile slices, and bok choy among large shallow bowls.
- 4 For dressing, whisk together 2 tablespoons of the reserved fennel-

soaking liquid and the next five ingredients (through ginger). Whisk in water, 1 tablespoon at a time, to reach desired consistency. Spoon dressing over noodle bowls. Sprinkle with cilantro and sesame seeds.