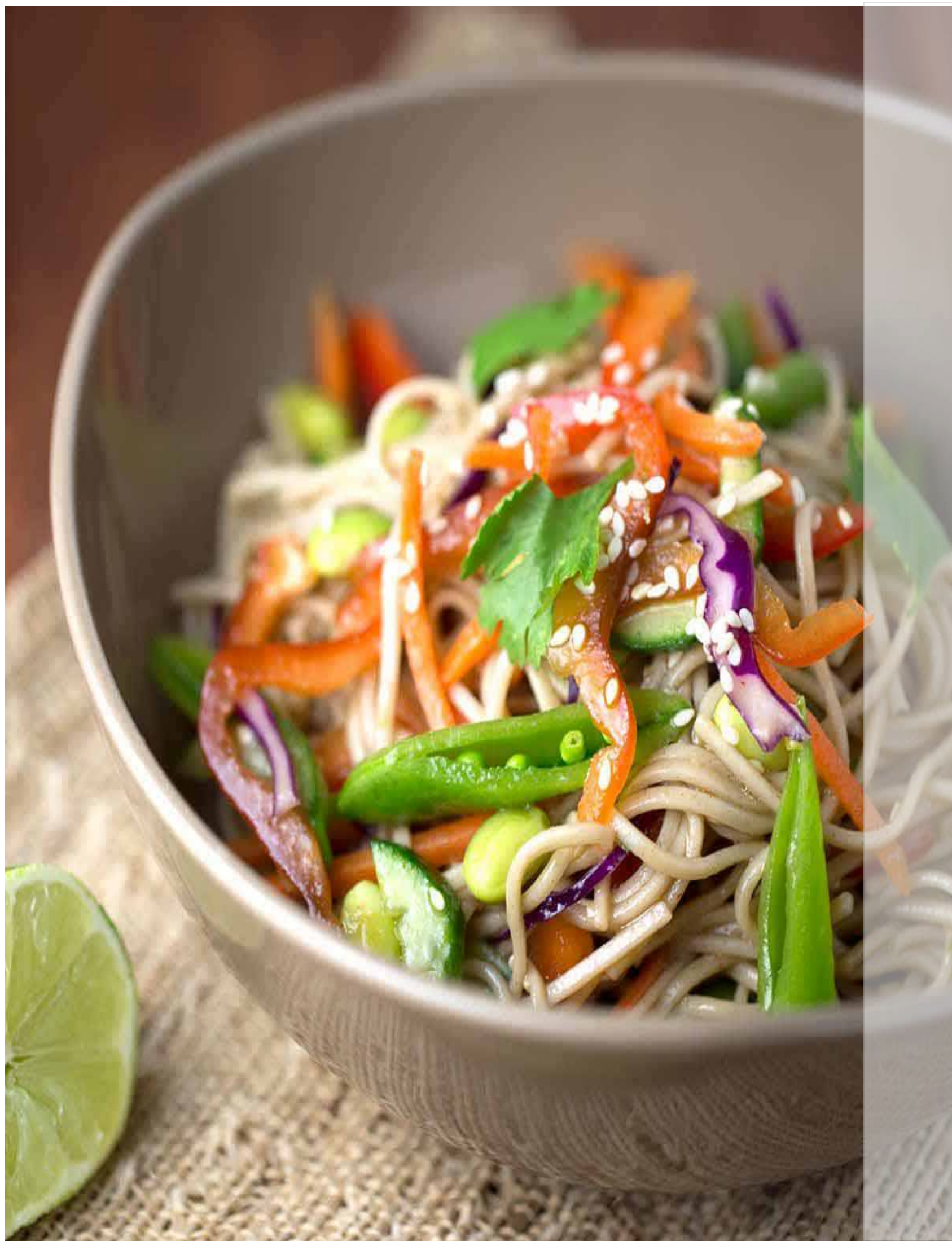


Zar Soba Salad

With
Premium MCT Oil





INGREDIENTS

~ Noodles ~

- 110g Soba Noodles
- 80g Carrots (shredded)
- 80g Edamame beans (shelled & cooked)
- 80g Red bell pepper (thinly sliced)
- 80g Cucumber (thinly sliced)
- 40g Red cabbage (thinly sliced)
- 40g Sugar peas (sliced half diagonally)
- 1 Tsp Sesame seeds (toasted) / nuts
- Salt and pepper (Sparingly)

~ Dressing ~

- 2 Tbsp Cocos Premium MCT Oil
- 1 Tbsp Sesame oil
- 1½ Tbsp Soy sauce
- 1 Tbsp Rice wine vinegar
- 3 Tbsp Orange juice
- ½ Tsp Sugar / Raw honey
- 1 Tsp Sriracha
- 1 Clove Garlic (minced)

(Serves 1-2)



METHOD

1. Cook soba for 4 - 5 mins.
2. Run noodles under tap water and transfer to ice bath to cool down the noodles. Drain the cooled noodles and lightly dry using paper towel.
3. In a medium size bowl, combine the cut vegetables and noodles.
4. In a small bowl, mix all the dressings except MCT Oil & sesame oil.
5. Drizzle the MCT Oil & sesame oil, sesame seeds and toss well.

TIPS

1. Soba Noodles

- Refer to the servings size on soba noodle packaging.
- Cook the soba noodle according to instruction written on package.
- Prepare a bowl of tap water and ice bath. Soak in ice bath for 3 - 5 minutes
- Place noodle on bamboo drainer, with some ice cubes, once removed from ice bath.

2. Dressings

- You may use lemon juice instead of orange juice.
- Adjust the taste of the dressing to your liking.

3. Choose your own preferred vegetables.

