



Soba Noodle Salad

with Eggplant & Crispy Shallots



30-40min



2 Servings

Soba noodles are made with buckwheat flour, and are one of our favorite meals for warm evenings because they're delicious eaten cool. One trick to soba noodle success is making sure to rinse the noodles really well when they are done cooking. Rinsing, draining, and rinsing again ensures that you get rid of excess starch and don't end up with a tangle of noodles instead of a beautiful salad. Coo...

What we send

- toasted sesame oil ¹¹
- pint grape tomatoes
- shallot
- fresh ginger
- fresh cilantro
- eggplant
- rice vinegar
- soba noodles
- fresh basil

What you need

Tools

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 615kcal, Fat 27g, Carbs 76g, Proteins 14g



1. Make crispy shallots

Trim ends from **shallots**, peel, and thinly slice into rings. Place shallot rings in a small saucepan with **½ cup neutral oil** over medium. Cook, stirring occasionally, until shallots are golden brown, about 7 minutes. Using a slotted spoon, transfer shallots to a paper towel-lined plate and season with **salt**. Reserve **shallot oil**.



4. Cook soba noodles

Add **⅔ of the soba noodles** (save the rest for your own use) to boiling water and cook, stirring gently, until al dente, 5-8 minutes. Drain and rinse under cold water. Drain well again, shaking to remove excess water.



2. Cook eggplant

Preheat broiler with top rack 4-6 inches from heat. Cut **eggplant** lengthwise into 1 inch thick slices. Coat baking sheet with **1 tablespoon shallot oil**. Place eggplant and **tomatoes** on sheet, brush with shallot oil; season both sides with **salt**. Broil until soft and charred in spots, flipping eggplant halfway through, 6-8 minutes per side (watch closely).



5. Cut eggplant

Once **eggplant** is cool enough to touch, chop into 1-inch pieces.



3. Make dressing

Bring a large pot of **water** to a boil. Peel and grate **ginger** into a small bowl. Gather ginger in your hand and squeeze **juice** into bowl; discard pulp. Whisk in **rice vinegar**, **tamari**, **sesame oil**, and **2 tablespoons shallot oil**.



6. Finish & serve

Pick **basil** and **cilantro leaves** from stems. Tear **large basil leaves** into pieces. Toss **noodles** with **eggplant**, **tomatoes**, **dressing**, and **⅔ of the herb leaves**. Transfer to bowls and top with **crispy shallots** and **remaining herbs**. Enjoy!