



SPICY SESAME SOBA NOODLES WITH TEMPEH & BROCCOLI

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 800/SERVING



Perfectly cooked soba noodles tossed with broccoli, crispy tempeh and a spicy sesame sauce for a spicy and savoury plant-powered meal that comes together in under 30 minutes.

WHAT YOU'LL NEED

- Large pot
- Large pan

- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings 4 servings

Broccoli	1/2 head	1 head
Green onions	2	4
Lime	1	1
Tempeh	150 g	300 g
Soba noodles	200 g	400 g
Spicy sauce	1/2 cup	1 cup
Sesame seeds	1 tbsp	2 tbsp



Prep your ingredients: cut the **broccoli** into bite-sized pieces, thinly slice the **green onions**, cut the **lime** into wedges, and slice the **tempeh** into 1/2 inch pieces.



Bring a large pot of **water** to a boil over high heat. Once boiling, add the **soba noodles** and cook for 2-3 minutes, stirring occasionally to keep the noodles from sticking. Add the **broccoli** to the pot and cook for an additional 3 minutes. Drain.



Meanwhile, warm 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium-high heat. Once hot, add the **tempeh** and brown on both sides. Season with **salt** and **pepper**.

Nutrition Facts Valeur nutritive

Per Serving (591 g)
pour 1 (591 g)

Calories 800	% Daily Value*
Fat / Lipides 23 g	31 %
Saturated / saturés 4.0 g	20 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 124 g	
Fibre / Fibres 18 g	64 %
Sugars / Sucres 16 g	16 %
Protein / Protéines 43 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 2330 mg	101 %
Potassium 1750 mg	37 %
Calcium 350 mg	27 %
Iron / Fer 8.5 mg	47 %

*5% or less is a little 15% or more is a lot

*5% ou moins c'est peu 15% ou plus c'est beaucoup



Add the **noodles** and **broccoli** to the pan with the **tempeh**. Pour in the **sauce** and toss to coat until heated through. Transfer to plates and serve with the **green onion**, **lime wedges**, and **sesame seeds**.