

## Soba noodle salad with teriyaki mushrooms



Vegetarian, Flexitarian, Summer, Salads, Lunch, Dinner

Prep 15 minutes  
Cook 10 minutes  
Serves 4

### Ingredients

270g packet soba noodles  
1 bunch asparagus, halved, thinly sliced on the diagonal  
2 tablespoons white wine vinegar  
3 teaspoons sesame oil  
2 teaspoons caster sugar  
1 green onion, thinly sliced on the diagonal  
2 1/2 tablespoons vegetable oil  
3 garlic cloves, thinly sliced  
6cm piece fresh ginger, peeled, cut into matchsticks  
400g Swiss brown mushrooms, sliced; or 400g cup mushrooms  
1 tablespoon teriyaki sauce  
1 tablespoon lemon juice  
Fresh coriander sprigs, to serve

### Method

Cook noodles following packet instructions, adding asparagus at the last minute. Drain. Cool under cold running water. Drain well.



Meanwhile, combine vinegar, sesame oil and sugar in a large bowl. Stir until sugar dissolves. Add noodle mixture and onion to dressing. Toss until well coated.

Heat vegetable oil in a large frying pan over high heat. Add garlic and ginger. Cook, stirring, for 1-2 minutes or until golden. Remove with a slotted spoon. Add mushrooms to the hot pan. Cook for 3 minutes or until golden. Add teriyaki sauce and lemon juice. Toss to coat and cook for 1-2 minutes or until sauce has reduced and mushrooms are glazed.

Divide noodle mixture between 4 serving bowls. Top with mushrooms and garlic mixture. Serve sprinkled with coriander.

**Image and recipe courtesy of: Mush-Boom, an initiative of Costa**



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