



Mixed Vegetable Soba

This is an incredibly quick and easy recipe to throw together at the last minute with whatever leftover veggies you have in the fridge. A great source of fibre, vitamins A and C, iron, and protein, this ovo-vegetarian dish helps you meet your daily intake of a dark green and bright orange vegetable! You can easily substitute the egg with a quick pan-fried salmon fillet too.

Prep: 10 minutes • Total: 20 minutes

Ingredients:

Broccoli florets	1 cup	250 mL
Carrot (chopped)	1 each	1 each
Soba noodles	¼ cup	60 g
Egg	1 each	1 each
Soy sauce (low sodium)	1 tsp	5 mL
Sesame oil	1 tsp	5 mL

Directions:

1. Bring a saucepan of water to a boil. Add the carrots and cook for 3 minutes.
2. Meanwhile, bring a second saucepan of water to a boil.
3. Add the broccoli to the carrots and cook for 2 minutes.
4. Add the egg to the second saucepan and boil for 5 minutes.
5. Add the soba to the vegetables and continue cooking for 3 minutes.
6. Whisk together the soy sauce and the sesame oil.
7. Drain the vegetables and the soba. Return to the saucepan and drizzle with the sauce.
8. Run the egg under cold tap water. Peel the soft-boiled egg and serve with the mixed vegetable soba.

Nutrition Facts

Serving Size (246g)

Servings Per Container

Amount Per Serving

Calories 360 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 185mg **62%**

Sodium 310mg **13%**

Total Carbohydrate 56g **19%**

Dietary Fiber 7g **28%**

Sugars 5g

Protein 15g

Vitamin A 250% • **Vitamin C 120%**

Calcium 10% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Makes 1 serving (246 g / serving) • 1 serving = whole recipe

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