

Spicy Peanut Noodle Salad (Cold Soba Bowl)

Servings: 2 bowls

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Ingredients

6 oz soba noodles

2 Tbsp peanut butter (creamy works best)

1 Tbsp soy sauce

1 Tbsp lime juice (fresh is best)

1 tsp chili flakes (adjust to spice level)

½ cucumber, thinly sliced

Optional toppings: chopped peanuts, green onions, sesame seeds

Directions

1. Cook the noodles

Bring a pot of water to a boil.

Add soba noodles and cook for 4–5 minutes until tender.

Drain and rinse under cold water to stop cooking and remove starch.

2. Make the spicy peanut dressing

In a bowl, whisk together:

- Peanut butter
- Soy sauce
- Lime juice
- Chili flakes

If the sauce is too thick, add 1–2 tsp warm water until smooth and pourable.

3. Assemble the salad

Toss the cold noodles with the peanut dressing until fully coated.

Add sliced cucumbers and mix gently.

Chill in the fridge for 10 minutes if you prefer it extra cold.

4. Serve

Divide into two bowls.

Top with peanuts, sesame seeds, or green onions for crunch and color.

Notes & Tips

- Add shredded chicken, tofu, or shrimp for extra protein.
- Replace cucumber with shredded carrots or mixed veggies.
- Use rice noodles if you prefer gluten-free.