



# Seared CAULILINI® baby cauliflower Sesame Gomae with Soba Noodles

**Servings**

4

**Calories**

540

**Prep Time**

15 minutes

**Total Time**

1 hour

**Skill Level**

Easy

## Ingredients

- 1 pound soba noodles
- 3 tablespoons toasted sesame oil
- 2 tablespoons + ¼ cup soy sauce
- ¾ cup toasted sesame seeds
- ¼ cup soy sauce
- 3 tablespoons sugar
- 2 tablespoons sake
- 2 tablespoon mirin
- 1 pound CAULILINI® baby cauliflower, cut into florets
- 3 tablespoons olive oil
- Black sesame seeds, for garnish
- Fresno peppers, sliced, for garnish



## The Method

- Boil the soba noodles according to the package directions. Rinse them with cold water, and drain. Once cool, drizzle the sesame oil and 2 tablespoon of soy sauce over the noodles. Mix well and set aside.
- For the sesame sauce, put sesame seeds in a frying pan and toast them on low heat. When 2-3 sesame seeds start to pop from the pan, remove from the heat.
- Grind the toasted sesame seeds with a mortar and pestle or food processor. Leave some sesame seeds unground for some texture.
- Add the ¼ cup soy sauce, the sugar, sake, and mirin. Mix everything together and give it a taste. Adjust the seasoning as necessary. Set aside.



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Heat the olive oil in a large fry pan over medium-high heat. Add the CAULILINI® baby cauliflower and sauté for 2-3 minutes, or until the CAULILINI® baby cauliflower is just beginning to soften. Do not overcook.

Add the CAULILINI® baby cauliflower to the soba noodle bowl, and toss everything with the sesame dressing.

Optional Garnishes: black sesame seeds and peppers.

**Recipe provided by Chef Stephaine Goldfarb – Produce Alliance**

## **Nutrition Facts**

Serving Size: 321g | Servings: 4

### **Amount Per Serving**

Calories 540 | Total Fat 33g (sat 4.5g trans 0g) | Cholesterol 0mg | Sodium 1020mg | Total Carbohydrate 51g | Dietary Fiber 7g |  
Sugars 14g (Includes 0g Added Sugars) | Protein 12g | Vitamin D 0% | Calcium 6% | Iron 20% | Potassium 8%