



# Seared CAULILINI® baby cauliflower Sesame Gomae with Soba Noodles

## Servings

4

## Calories

380

## Prep Time

15 minutes

## Total Time

1 hour

## Skill Level

Medium

## Ingredients

10 ounces soba noodles

1 ½ tablespoons toasted sesame oil

6 tablespoons soy sauce, low sodium, divided

½ cup toasted sesame seeds

1 ½ tablespoons sugar

1 ½ tablespoons sake

1 tablespoon mirin

1 (10 ounce) bag Mann's CAULILINI® baby cauliflower

2 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 tablespoons of low sodium 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 4 tablespoons low sodium soy sauce, 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 Mann's CAULILINI® baby cauliflower and sauté for 2-3 minutes, or until the Mann's CAULILINI® baby cauliflower is just beginning to soften. Do not overcook.

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

Optional Garnishes: black sesame seeds and peppers.

### **Nutrition Facts**

Serving Size: 212g | Servings: 4

### **Amount Per Serving**

Calories 380 | Total Fat 32g (sat fat 3.5g trans 0g) | Cholesterol 0mg | Sodium 670mg | Total Carbohydrate 33g | Dietary Fiber 5g | Sugars 11g | Protein 8g | Vitamin D 0% | Calcium 4% | Iron 15% | Potassium 6%