



Celebrating Our Roots with Food on the Fly and Minneapolis Edible Boulevards

June 13, 2026: 11:00 a.m. - 12:00 p.m. on Zoom

Soba Noodles with Sesame Vinaigrette

Ingredients

- 1 package Soba Noodles
- ½ c Sesame Vinaigrette (recipe below)
- 2 c Matchstick Vegetables (specifics below)
- 1 package Extra Firm or Fried Tofu
- Herbs- Basil, Cilantro, Scallion, Creeping Charlie, and/or Mint (*roughly chopped or torn*)*

Matchstick Vegetables

Carrots, turnip, radish, cucumber, celery, creeping bellflower root...(any hearty, available vegetables that you like)*

Cut into thin slices or matchstick size, or you can grate them.

Sesame Vinaigrette (Makes about 1 ½ cups)

- 3 T Mirin
- 3 T Soy Sauce or Tamari
- ⅓ c Rice Vinegar
- ¼ c Sesame Oil
- ¾ c Vegetable or Canola Oil
- 1½ t Salt

Whisk all the ingredients together. It will separate over time, but just whisk quickly before using.

Recipe Directions

- 1- Follow the recipe for Sesame Vinaigrette.
- 2- Cook noodles using the directions on the package, and then strain.
- 3- Toss strained noodles with sesame vinaigrette, and then chill.
- 4- Wash vegetables. Peel creeping bellflower root and any other vegetables with soil embedded on roots.
- 5- Chop vegetables for matchsticks.
- 6- Dice tofu.
- 7- Tear or chop herbs.
- 8- Once noodles are cool, mix everything together.
- 9- Enjoy!

*You can find a number of these vegetables and herbs growing in your garden or yard. **Stay tuned to our [Instagram](#) and [Facebook](#) pages for what we'll be cooking next! Register for July 11 with Derek Nicholas here:**

