JAPANESE · LUNCH · DINNER

Cold Soba with Pork, Kimchi and Sesame Dip

20 min · Serves 1 · 342 kcal a serve · Video 4:37 · Cooking with Dog

No dairy listed · No nuts listed

Buckwheat soba with thin pork poached rather than fried, raw cucumber, onion and sprouts, and kimchi: about 23 g of protein, rich in selenium and vitamin B6 and a source of fibre and iron, with only ½ tsp of oil.

Diet notes: Low saturated fat (2.5 g, 7% of the energy); Gluten-free with a swap: Most soba contains some wheat flour, so use 100% buckwheat (juwari) soba and a tamari-based or certified gluten-free tsuyu.

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Ingredients 10 · SERVES 1

- [ ] 1 package **frozen soba noodles** (about 6 oz)
- [ ] ½ tsp **sesame oil**, for the noodles
- [ ] 1 tsp **white sesame paste** (neri-goma)
- [ ] ¼ cup **ready-to-use soba tsuyu** (soy and bonito noodle soup base, not concentrated)
- [ ] 1 tsp grated **ginger**
- [ ] 1¾ oz **very thin pork loin** slices (shabu-shabu cut)
- [ ] 1 oz **kimchi**
- [ ] ¾ oz **cucumber**, thinly sliced on the diagonal
- [ ] ¾ oz **red onion**, thinly sliced and soaked in ice water
- [ ] ¼ oz **kaiware radish sprouts** (or garden cress)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Fish, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the red onion thinly and soak it in ice water to soften its bite. Peel the cucumber in stripes, halve it lengthwise and slice thinly on the diagonal. Trim the roots from the radish sprouts and cut them in half. Squeeze the onion dry. 0:17
2. Make the dipping sauce: loosen the sesame paste with a little soba tsuyu, add the rest in 2–3 additions so it does not separate, then stir in the grated ginger. 1:11
3. Put the frozen soba into a pot of boiling water, loosen it on high heat, then turn off the heat. Lift out, rinse under cold water, chill in iced water and squeeze out the water. Toss with the sesame oil. 1:42
4. Stir the pork slices in the same hot water until they turn white, drain well on paper towel and cut into bite-size pieces. 2:49
5. Arrange the kimchi, red onion, cucumber and pork on the noodles and top with the sprouts. Dip each mouthful into the chilled sesame sauce. 3:20

> **Tip** Dried soba (about 2½ oz dry) works instead of frozen; cook, rinse and chill it the same way. The cook also suggests toasted nori or natto as toppings.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
342 kcal	**23** g	**45** g	**4.4** g	**10** g	**1,170** mg
1,430 kJ	45% of a day	40 g net · 2 g sugars	16% of a day	2.5 g saturated	51% of a day
		16% of a day		13% of a day	

Energy from net carbs 47% · protein 27% · fat 26%

High in (20%+ of a day) Selenium 51% · Vitamin B6 26%

Source of (10–19%) Vitamin K 17% · Iron 16% · Zinc 14% · Magnesium 13% · Folate 12% · Vitamin B12 11%

⚠ One serve has about 51% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Cooking with Dog (@cookingwithdog) on YouTube — youtube.com/watch?v=1uaB6fDN0AM, published 9 August 2013. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/cold-pork-soba