Soba Salad

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* Yield4 servings

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Andrew Scrivani for The New York Times

For most people, even experienced cooks, weeknight dinners are not so much a result of careful planning but of what’s on hand — and what can be accomplished fairly quickly. Noodles of all kinds are easy and beloved. But soba noodles, a Japanese staple, are special: they usually take no more than 3 to 4 minutes to cook and, because they’re made from buckwheat, have a slightly firm texture and a nutty flavor. Traditionally, soba are served hot and cold, making them a flexible partner for almost any fresh ingredients you have in the kitchen. In this case, they are paired with shelled frozen edamame, carrots and spinach and a light dressing.

Featured in: [One Man’s Salad Is Another’s Noodles](http://www.nytimes.com/2009/09/23/dining/23mini.html).

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Cooked

114 ratings

INGREDIENTS

* **Salt**
* **freshly ground pepper**
* **3 to 4** **ounces soba noodles**
* **1** **carrot, peeled and finely chopped**
* **2** **cups edamame (frozen are fine)**
* **2 to 3** **tablespoons soy sauce**
* **Juice of one lime**
* **2** **tablespoons white or light miso**
* **1** **tablespoon mirin or 1 teaspoon sugar, or to taste**
* **1** **10-ounce package fresh spinach, washed and trimmed**
* **¼** **cup chopped scallion**
* **1** **tablespoon freshly grated ginger**

Nutritional Information

PREPARATION

1. Bring a large pot of water to a boil and salt it. Drop in the noodles and carrot and cook until tender, 2 to 4 minutes; add the edamame for about 15 to 30 seconds just to warm, then drain everything in a colander. Set aside.
2. In a large salad bowl, whisk together the soy sauce, lime juice, miso and mirin or sugar. Add spinach, noodles, carrot, edamame, scallion, and toss; then taste and season with salt and pepper as needed. Garnish with grated ginger at the table.