

# Miso-Roasted Asparagus Soba Noodle Salad

From – [www.thekitchn.com](http://www.thekitchn.com)

1/4 cup raw sunflower seeds  
3 Tbsp black sesame seeds  
8 oz package soba noodles  
2 Tbsp red miso  
1 Tbsp hot water  
1 Tbsp sesame oil  
6 Tbsp extra-virgin olive oil, divided  
2 Tbsp low-sodium soy sauce  
1 Tbsp brown sugar  
2 tsp minced fresh ginger  
1/2 lb fresh shiitake mushrooms, stemmed and thinly sliced  
1 lb asparagus, tough ends trimmed away  
2 cloves garlic, peeled and chopped  
3 green onions, thinly sliced, white and light green parts only  
Kosher salt, to season

- Preheat the oven to 375°F.
- Toast sunflower seeds in a large, dry skillet over medium heat until fragrant and slightly golden, about 5 minutes. Add sesame seeds and toast for an additional 1 to 2 minutes.
- Bring a pot of water to boil and cook the soba noodles just until al dente, about 5 minutes. Drain in a colander and run cold water through the noodles to stop the cooking.
- In a small bowl, whisk together the miso, water, sesame oil, 3 Tbsp olive oil, soy sauce, brown sugar and ginger.
- Heat remaining 3 Tbsp olive oil in skillet over medium-high heat until it shimmers, then sauté the garlic and shiitakes until the mushrooms are just tender and starting to turn light brown, 5 to 6 minutes. Stir frequently.
- Place the asparagus on a baking sheet and toss with 3 Tbsp of the miso mixture to coat. Roast for 8 to 12 minutes, or until stalks are soft enough to pierce with a fork.
- When finished roasting, remove from oven and set aside to cool. Slice into 1-inch pieces. Toss the asparagus and remaining miso sauce into the cooled soba noodles. Fold in the green onions and cooked mushrooms. Season with salt, and top with toasted seeds. Serve room temperature. Cover and refrigerate leftovers for up to three days.



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