



MISO CITRUS SOBA NOODLES

SHOPPING LIST

Serves 4-6

Bowl

- 8 oz soba noodles
- 1 bunch broccolini (6-7 stalks), cut into 2-inch pieces
- 1½ cups shelled edamame, thawed if frozen
- 1 ½ cups purple cabbage, thinly sliced
- 1 mandarin orange, peeled and in wedges
- ½ cup cashews
- ¼ cup cilantro, roughly chopped
- ¼ of a jalapeno, thinly sliced
- 1 scallion, thinly sliced
- 1 lime, sliced into wedges
- Sprinkle of sesame seeds

Miso-Citrus Dressing

- Juice from 1 mandarin orange
- 2 tbsp avocado oil
- 1 tbsp miso paste
- 1 tbsp soy sauce or tamari
- 2 tsp Sriracha

Want more protein? Add your favorite! Seafood, chicken, or tofu works great in this dish.

Bold, crunchy, and full of fresh citrus, this noodle bowl is proof that eating well never has to be boring. Mandarin oranges, purple cabbage, and broccolini are all sources of vitamin C, a hard-working nutrient supporting everything from glowing skin to energy levels and the immune system. This nourishing dish is on the table in just 30 minutes!

DIRECTIONS

- Whisk the dressing.** In a small bowl, whisk together the mandarin juice, miso paste, soy sauce, avocado oil, and sriracha until the miso is fully dissolved and smooth.
- Cook the noodles & broccolini.** Cook soba according to package directions. In the last 2 minutes, add the broccolini to the same pot to blanch. Drain and rinse together under cold water until the noodles are cooled. Set aside.
- Toss & coat.** In a large bowl, combine the noodles and broccolini mixture with the edamame, mandarin wedges, cilantro, and cabbage. Pour the dressing over and toss well to coat everything evenly.
- Top & serve.** Divide into bowls and top with cashews, scallion, jalapeño, and a sprinkle of sesame seeds. Serve with a lime wedge. Enjoy immediately or refrigerate in an airtight container for up to 3 days.

THE ROLE OF VITAMIN C

A small but mighty nutrient!

Glowing skin & strong joints

Builds collagen, the protein that keeps skin firm, joints flexible, and wounds healing properly.

More energy

Helps your body absorb iron from plant sources. Iron supports oxygen flow throughout the body, helping you feel more energized.

Immune Support

A powerful antioxidant that protects cells from everyday damage and supports a resilient immune system.

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