

KIMCHI SESAME SOBA



INGREDIENTS:

- 2 bundles of soba noodles
- 1 garlic clove (minced)
- 1 tbsp monk fruit sweetener
- 1 tbsp toasted sesame oil
- 2 tbsp low sodium soy sauce
- 1/4 tsp ground ginger
- 1 cup kimchi
- 3 eggs
- 1 bell pepper

DIRECTIONS:

1. Cook soba noodles according to package instructions, set aside
2. Hard boil eggs, set aside
3. In a small pan heat sesame oil on medium heat, once hot add minced garlic. Cook until fragrant
4. Add sweetener and ginger, mix until well combined. Removed from heat, allow to cool for a few minutes then add the soy sauce
5. Toss soba noodles in the sesame sauce
6. Split the soba noodles into 3 servings, add 1/3 of the chopped bell pepper, 1/3 cup of kimchi, and 1 hard boiled egg

Enjoy!

Makes 3 Servings | 1 Serving = ~ 1 cup Soba Noodles
Calories: 248 | Protein: 14 g | Carb: 28 g | Fat: 10 g | Fiber: 5 g