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Love Asian flavors but don't have a wok or lots of specialty condiments? This comforting noodle dish will be a simple and delicious addition to your culinary repertoire (and it just happens to be a satisfying vegetarian/vegan dish as well).

Asian Butternut Squash Soba Noodle Bowl

Adapted from bhg.com

Serves 4

8 oz dried soba noodles
2 lb butternut squash, peeled
2 Tbsp rice bran oil
8 oz fresh shiitake mushrooms, stemmed
3 c fresh spinach leaves
4 green onions, thinly sliced
1/3 c reduced sodium soy sauce
1/3 c water
1 Tbsp fresh ginger, grated
1 Tbsp sriracha (or to taste)
1 Tbsp honey or agave nectar

1. Preheat the oven to 425°F; spray a shallow baking pan with non-stick spray or line a baking sheet with a silpat (silicone mat) for easy clean-up.
2. Cut butternut squash into bite sized pieces (evenly sized is important here so they all cook at the same time).
3. Spread the squash in the pan and drizzle with the oil. Stir with a spoon or spatula to coat and redistribute squash into a single layer.
4. Roast the squash 10-15 minutes (it should just be getting tender, test with a toothpick). Stir in the mushrooms and roast another 5 minutes. At this point, the vegetables should be tender and lightly browned (add a minute or two more if needed).
5. While the squash is roasting, cook the soba noodles according to package directions; drain and set aside.
6. In a small bowl, whisk together the soy sauce, water, ginger, sriracha and honey (or agave).
7. Transfer for the roasted vegetables to a bowl and stir in the spinach and green onions. The residual heat from the veggies will wilt the spinach and green onions.
8. Stir in the sauce and divide the mixture over noodles in serving bowls.

Shopping List: soba noodles, butternut squash, shiitake mushrooms, spinach, green onions, ginger

Equipment Needed: Cutting board and knife, spatula and large mixing spoon, heat resistant mixing bowl, saucepan, colander, baking sheet or baking pan, silicone mat

Pantry Staples: rice bran oil (or other high heat vegetable oil), low sodium soy sauce, sriracha, honey (or agave)