



COLD SOBA NOODLE SALAD WITH GRILLED BEEF

INGREDIENTS

- 10 oz. edamame (soybeans) in shells (fresh or frozen)
- Sea salt or kosher salt, to taste
- Grated zest of one lime
- Juice of 1/2 lime
- Sea salt or kosher salt, to taste
- 1 clove of garlic, finely chopped
- 1 Tbsp. honey
- 1 Tbsp. rice wine vinegar
- 1 tsp. chili sauce with garlic
- 1/2 cup Pompeian Extra Virgin Olive Oil
- 1/3 cup carrots, julienned
- 1/3 cup cucumber slices, halved
- 1/4 cup radishes, thinly sliced
- 2 boneless New York strip steaks (1-1/2 lbs.) 1-1/2 inches thick, trimmed of fat
- 2 cloves garlic, chopped
- 2 green onions, finely chopped
- 2 Tbsp. Opici Sherry
- 2 tsp. grated fresh ginger
- 3 Tbsp. sesame seeds
- 4 oz. mesclun salad mix
- 5 Tbsp. soy sauce
- 6 Tbsp. rice wine vinegar
- 7 oz. soba noodles*

INSTRUCTIONS

1. Place steaks in plastic bag. Whisk marinade ingredients in a small bowl. Pour over steaks, seal bag, and marinate for at least 2 hrs. or overnight, turning occasionally.
 2. For sesame lime vinaigrette, toss sesame seeds in a nonstick skillet over medium heat, until golden brown. Remove from heat and let cool. Combine remaining vinaigrette ingredients in a medium bowl and whisk. Stir in cooled sesame seeds.
 3. Boil the edamame in salted water for 5 min. Drain, refresh under cold water, and drain again. Shell the edamame. Boil soba noodles for 2-3 min., or until tender. Drain, refresh under cold water, and drain again. Transfer noodles to a large bowl. Add the edamame, carrots, radishes, and cucumber to noodles. Pour 1/3 cup of the vinaigrette into the bowl and toss.
 4. Heat grill. Remove steaks from marinade and pat dry. Grill for 8-10 min. on each side, or until desired doneness. Let cool for 15-20 min.
 5. To serve, arrange mesclun on a large platter. Transfer soba noodle mixture to center of platter. Slice steaks and arrange slices over noodles. Drizzle the platter with remaining vinaigrette and garnish with julienned green onions.
- *If unavailable, substitute with 7 oz. whole wheat No. 12 spaghetti.



Serves 6