

## SIMPLE SOBA NOODLES & KALE

### **Ingredients:**

1 large bunch Organic Valley Lacinato Kale - washed and chopped

12 ounces soba noodles

1/2 teaspoon minced garlic (or to taste)

2 tablespoons toasted sesame oil (or to taste)

2 tablespoons tamari soy sauce (or to taste)

2 tablespoons toasted sesame seeds

### **Instructions:**

Place a large pot of salted water to boil over high heat.

Wash and trim Organic Valley Lacinato Kale as needed. Hold in bunch form and thinly slice remaining stems and leaves. Place in large bowl of cold water and swish to remove any remaining grit.

Once water has come to a rolling boil, add soba pasta and cook for 3 minutes less than the package instructs. Add kale to the boiling pasta, pressing down with the back of a large spoon as kale likes to float. Continue cooking, uncovered until kale and pasta are tender, about 5 minutes or so.

Drain pasta and kale. In a large mixing bowl, add minced garlic (can be sauteed for a milder flavor), toasted sesame oil, tamari and sesame seeds. Add kale and soba, toss to combine and give it a taste test. Add more goodies if necessary. Serve hot or at room temperature