miso soba frittata



cook time:	prep time:	featured product:
30	**15**	**baby arugula**

step up your omelette game with this Japanese-inspired frittata recipe that's ready to please a crowd (although we won't blame you if it's a party for one).

we'll walk you through how to prepare savory buckwheat noodles as a protein and fiber-packed base. combined with savory miso, peppery baby arugula, snap peas and carrots, this dish transforms into an impressive brunch or fun party snack. cut into slices and serve warm with a lightly dressed arugula salad or cut into bite-sized pieces to serve to your party guests!

ingredients

4 servings

for the frittata:
5 oz **organicgirl? baby arugula** ?
8 large eggs, beaten
2 teaspoons low sodium soy sauce
1 tablespoon canola oil or other vegetable oil
1/4 pound sugar snap peas, coarsely chopped
1 medium carrot, grated
1 teaspoon minced fresh ginger
3 scallions, thinly sliced

for the soba noodles:
1/4 pound soba noodles, cooked according to package directions
1 tablespoon miso paste
1 teaspoon toasted sesame oil
1 tablespoon rice vinegar
1/2 teaspoon togarashi Japanese pepper (or 1/4 teaspoon cayenne)

substitutions

? *substitute with* **PROTEIN GREENS**

directions

for the soba noodles:

1. combine the miso paste, sesame oil, rice vinegar and pepper. stir in the drained soba noodles.

for the frittata:

2. preheat the oven to 400 degrees fahrenheit.

3. break eggs into a medium bowl and stir in the soy sauce. set aside.

4. heat the oil in a 9-inch skillet over medium heat.

5. lightly sauté the carrots and snap peas for two minutes.

6. add the ginger and arugula. cook for another minute to wilt the arugula.

7. add the eggs, scallions, and noodles to the skillet and quickly stir to combine all ingredients. cook for another two minutes until eggs start to set around the edges.

8. put the skillet into the preheated oven and bake until eggs are completely set, 15 to 20 minutes. serve hot or at room temperature.