

# Spicy Peanut Noodle Salad (Cold Soba Bowl)

**Servings:** 2 bowls   **Prep Time:** 10 minutes   **Cook Time:** 5 minutes   **Total Time:** 15 minutes

This spicy peanut noodle salad is a refreshing, flavor-packed cold soba bowl that comes together in just 15 minutes. Chewy soba noodles are tossed in a creamy, spicy peanut dressing with fresh lime and crunchy cucumbers, making this dish perfect for hot days, quick lunches, or light dinners.

It's satisfying without being heavy and easy to customize with whatever protein or vegetables you have on hand.

## Why You'll Love This Recipe

- Fast & no-fuss – ready in 15 minutes
- Perfect for warm weather – served cold and refreshing
- Creamy, spicy, tangy balance from peanut butter, chili, and lime
- Easy to customize with protein or extra veggies
- Great for meal prep – holds up well in the fridge

## Ingredients

- 6 oz soba noodles
- 2 Tbsp peanut butter (creamy works best)
- 1 Tbsp soy sauce
- 1 Tbsp lime juice (fresh is best)
- 1 tsp chili flakes (adjust to spice level)
- ½ cucumber, thinly sliced
- Optional toppings: chopped peanuts, green onions, sesame seeds

## Ingredient Notes & Substitutions

**Soba noodles:** Traditional soba contains buckwheat and wheat. Check labels for gluten-free options.

**Peanut butter:** Smooth, unsweetened peanut butter works best.

**Soy sauce:** Low-sodium gives better salt control.

**Chili flakes:** Adjust based on spice tolerance; chili crisp or sriracha also work.

**Cucumber:** Adds crunch; English or Persian cucumbers are ideal.

## Instructions

### 1 Step 1: Cook the noodles

Boil soba for 4–5 minutes, stirring to prevent sticking. Drain and rinse under cold water to stop cooking and remove excess starch.

### 2 Step 2: Make the spicy peanut dressing

Whisk together peanut butter, soy sauce, lime juice, and chili flakes. Add 1–2 tsp warm water if needed to thin.

### 3 Step 3: Assemble the noodle salad

Toss cold soba noodles in dressing. Add cucumber and gently mix. Refrigerate 10 minutes for extra chill.

#### 4 **Step 4: Serve**

Divide into bowls and top with peanuts, sesame seeds, and green onions.

#### Tips for Best Results

- Rinse soba well to keep noodles springy and prevent gumminess
- Taste dressing before mixing and adjust lime or chili
- If serving later, loosen noodles with water or lime juice

#### Storage & Make-Ahead Tips

**Refrigerator:** Store up to 2 days in airtight container.

**Make-ahead:** Keep dressing separate and toss before serving.

#### Easy Variations

- Add shredded chicken, tofu, or shrimp for protein
- Mix in shredded carrots, red cabbage, or edamame
- Use rice noodles for a gluten-free version
- Add sesame oil for deeper flavor