

# Soba Breakfast Bowl

7 ingredients · 15 minutes · 2 servings



## Directions

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1. Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
2. Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
3. Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
4. Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

### Make it Vegan

Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.

## Ingredients

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- 100 grams** Buckwheat Soba Noodles
- 1 1/2 tsps** Tamari
- 1 1/2 tsps** Rice Vinegar
- 4** Egg
- 4 cups** Kale Leaves (stems removed, roughly chopped)
- 1/4 cup** Water
- 1 tbsp** Sesame Seeds (black)