

Asian Rice Noodle Salad



INGREDIENTS (Serves 4 to 6)

½ pound uncooked broad or narrow rice noodles

1/3 cup tamari

½ cup toasted sesame oil

¼ cup Thai sweet chili sauce

½ tablespoon Thai garlic chili paste

½-1 cup carrots, sliced in matchsticks

½-1 cup celery, thinly sliced on bias

½ -1 cup red onion, thinly sliced

½-1 cup red bell pepper, thinly sliced

½-1 cup cabbage, shredded

1-2 tablespoons black sesame seeds

1-2 tablespoons salted roasted peanuts

PREPARATION

1. Cook noodles according to package; rinse in cold water and drain.
2. Combine noodles with tamari, toasted sesame oil, sweet chili sauce and chili paste and mix well.
3. Toss sliced carrots, celery, red onion, red bell pepper and cabbage together with noodles.
4. Garnish with black sesame seeds and peanuts.

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SHOPPING LIST

Produce

Carrots
Celery
Red onion
Red bell pepper
Cabbage

Grocery

Broad or narrow rice noodles
Tamari
Toasted sesame oil
Thai sweet chili sauce
Thai garlic chili paste
Black sesame seeds
Salted roasted peanuts

SERVING SUGGESTION

To turn into a meal, add cooked chicken strips, shrimp or tofu; serve with your favorite egg rolls.

NUTRITIONAL INFORMATION

Per Serving: 385 calories, 21 g. fat, 0 mg. cholesterol, 46 g. carbohydrate, 4 g. dietary fiber, 5 g. protein, 959 mg. sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Robin Byrne

Blue Hill Community Market & Café • Blue Hill, Maine

