Asian Noodle Salad

With Peanut Dressing

Great to serve to family and friends over for a luncheon, dinner or pot luck!

Ingredients:

150g med. egg noodles (*'Rooster' or similar*)
(Alternates: vermicelli or spaghetti pasta)
1 large carrot (match-like size pieces/strips)
5 radishes sliced thin (or something with a crunch)
3 cups red cabbage
¼ cup cilantro
2-3 green onions, sliced
1 tbsp. sesame seeds (decoration)

Dressing:

2 tbsp. chunky peanut butter (or smooth)
(Alternates: almond or cashew butter
1 tbsp. honey
2 tbsp. sesame oil
2 tbsp. rice vinegar (plain is okay too)
4 tbsp. soy sauce
1 tsp fresh ginger
1 clove garlic
2 tsp Sriracha sauce…
OR 1 tsp dried chilli flakes



Steps:



- Cook the egg noodles according to the package instructions… Do not overcook
  Tip: Asian noodles cook faster than Italian pasta
- In a small bowl combine chunky peanut butter (for crunch, smooth is okay too) with honey, rice vinegar, sesame oil, soy sauce, Sriracha sauce, grated fresh ginger, and pressed garlic.
- Drain the noodles, put them in a large salad bowl. Pour the peanut dressing over the hot noodles to absorb the flavour! Cool.
- In the meantime, prepare the vegetables slicing the red cabbage thinly using either a mandolin slicer (if available), food processor, grater or chop finely (carefully)
- Cut the carrot into thin 'julienne' strips with a fitment (match-stick size) or use a regular grater
- Slice radishes thinly & green onion in small pieces.
- Cilantro (optional) chop or use a small processor
- When the noodles are room temperature add the cabbage, radish, carrots, green onion, cilantro and sesame seeds. Toss and chill







Feel free to improvise with ingredients at home….
Thai sweet chilli sauce, peppers, baby spinach, coleslaw mix.

ENJOY

Diane

https://vikalinka.com/asian-noodle-salad-peanut-dressing/ (Video is attached to the recipe!)

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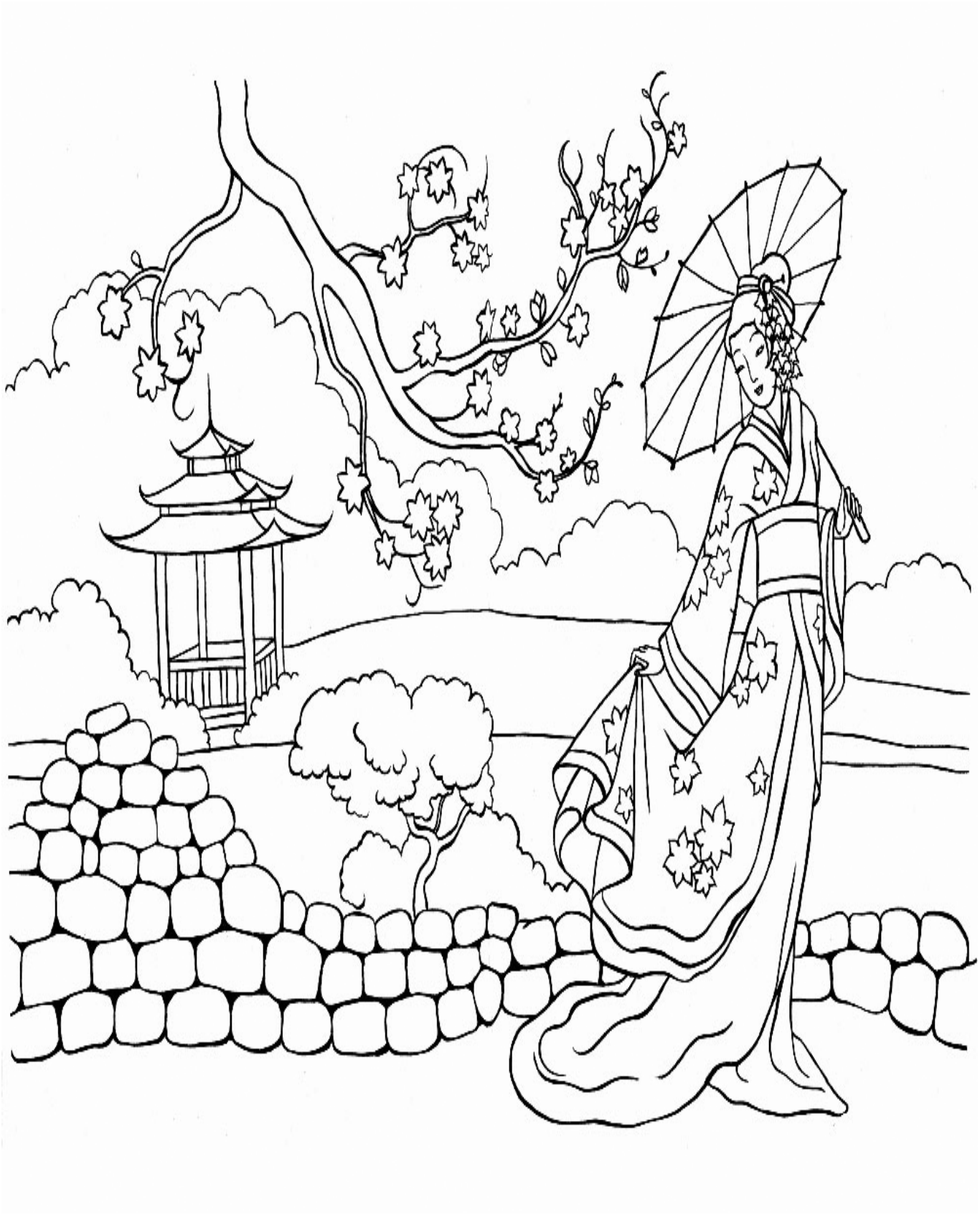
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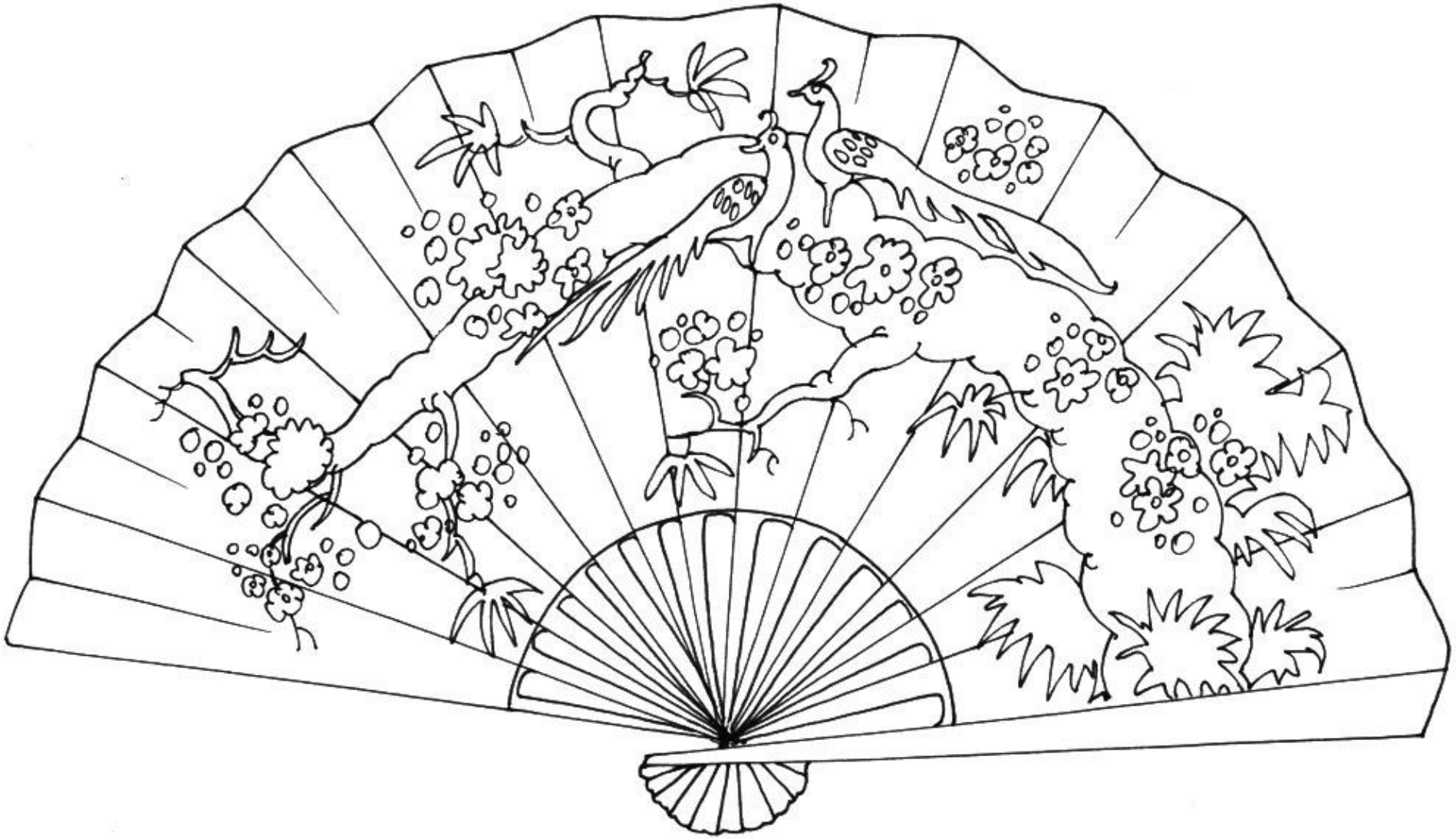
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APPLES
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