



Asian Noodle Salad

Ingredients

Dressing:

- **Juice of 1** whole lime (about 2 tbsp.)
- **1 tbsp.** rice wine vinegar
- **4 tbsp.** light oil (grapeseed, peanut or avocado)
 - Substitute: Olive oil
- **4 tbsp.** soy sauce
- **1-2 tbsp.** sesame oil
- **2 tbsp.** brown sugar or palm sugar
- **1 tbsp.** grated ginger
- **2 cloves** garlic, grated or finely chopped
- **1 finely chopped** chili pepper or jalapeno (to taste) *You can leave this out or add very small amounts.*
- **Chopped cilantro** - *To preserve cilantro, or any fresh herb chop it up and place into a freezer tray. Fill the tray with water. Once frozen - store the cubes in Ziploc bags or an airtight container.*

Salad Ingredients:

- **1 pkg.** linguine noodles or chow mein noodles
 - Substitute: Angel hair pasta (Try using whole wheat noodles)
- **½ head** Napa cabbage finely sliced
 - Substitute: bagged coleslaw

- **1 each** red and yellow pepper, julienned
- **4 oz.** mung bean sprouts, rinsed thoroughly and drained - (*make sure they are fresh and not approaching the expiry/best before date. Make sure you wash them thoroughly.*)
- **3** green onions, thinly sliced
- **1 whole** English cucumber, thinly sliced
- **1 cup** baby spinach leaves, rinsed and drained
- **4 oz.** sugar snap or snow peas, sliced diagonally
- **Up to ½ cup** chopped cilantro (to taste)
 - Substitute: Parsley can be used instead
- **1 cup** whole cashews, roasted and lightly salted (*To roast nuts, place in frying pan or skillet - stir over medium- high heat until slightly brown and aromatic.*)
 - Substitute: toasted sesame seeds, sunflower seeds, peanuts could be used instead

Directions

Dressing:

Whisk ingredients together and allow to sit for at least 30 minutes. Taste and adjust.

Salad:

1. Cook package of noodles according to package directions. Make sure to break up the noodles slightly before cooking.
2. Rinse cooked noodles and pour on a few spoonfuls of the dressing and set aside *This will dress the noodles and make the salad more flavourful*

Assembly:

1. Toss the vegetables with some of the dressing, and then combine with the noodles. Add the cilantro and spinach just before serving to prevent wilting.
2. Sprinkle with nuts, if desired
3. It is sometimes necessary to add more dressing after salad sits for a while, since the noodles absorb it.