

ASIAN NOODLE SALAD

Prep Time: 15-20 mins

Cooking Time: 15 mins

Servings: 4



INGREDIENTS

- 1 packet udon noodles
- 1 small head of cabbage, thinly sliced
- 4 radishes, thinly sliced
- 4 green onions, chopped
- 1/2 bunch cilantro, coarsely chopped
- 1 jalapeno (optional), thinly sliced
- **Dressing:**
 - 1 cup canola oil*
 - 3 garlic cloves, minced
 - 1 tablespoon ginger, grated
 - 2 tablespoons soy sauce*
- 3 tablespoons rice wine vinegar*
- 1 teaspoon salt
- 1 tablespoon brown sugar (or regular sugar, or honey)*

**ingredients that are not provided by the Good Food Bus*

INSTRUCTIONS

1. **Ready Pasta Water** : Put a large pot, filled half to $\frac{3}{4}$ full on high heat on the stove. Cover the pot with a lid.
2. **Make Dressing** : Mince the garlic and ginger. Place the garlic and ginger, plus all the above dressing ingredients into a mixing bowl and whisk together.
3. **Cook Pasta** : Throw in a big pinch of salt and a splash of olive oil into the water, then add in the noodles, stirring every couple of minutes. Cook for 12-15 minutes. Drain off noodles in a colander, transfer to a mixing bowl, then place in refrigerator to cool. (*Helpful Hint : Some people don't want as many noodles in this dish, so adding half the noodles into the salad mixture with the dressing is the best way to start. After, if salad then seems over-dressed, add in more noodles.*)
4. **Prepare Cabbage** : Take the head of cabbage, cut it into quarters, and remove the stem. Thinly slice each quarter of cabbage, place in a mixing bowl and sit aside.
5. **Prepare Other Vegetables** : Slice the radishes and jalapeno (optional) into very thin, circular pieces. Chop the bunch of cilantro and green onions. Place all in the mixing bowl with cabbage.
6. **Combine** : Combine all of the ingredients in the mixing bowl until they are well mixed.
7. **Toss with Dressing** : When pasta is cool, add to the other bowl of ingredients along with the dressing and toss thoroughly.

> Toss all the veg like a salad (radishes stick together).

>Best flavor when eaten fresh: when refrigerated, noodles absorb a lot of the dressing, so if eating as leftovers, may need to add a little bit more vinegar and salt to the salad .

FOR THE EXTENDED RECIPE, MEAL PHOTOS, AND HELPFUL HINTS—GO TO...



www.goodfoodbus.org/blog

goodfoodmoves@gmail.com

207-513-3849

[@goodfoodbus](https://www.instagram.com/goodfoodbus)

