



Thai-Style Peanut Noodle Salad

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

Explore vibrant Thai flavors: Delicate noodles in luscious peanut dressing with red cabbage, carrots, bell peppers. Nutty crunch and refreshing herbs create a tantalizing symphony. Experience culinary delight!

THAI-STYLE DRESSING

1/3 cup peanut butter

1/4 cup rice vinegar

3 tablespoons soy sauce

2 tablespoons sugar

2 teaspoons ginger, finely minced

1 teaspoon sesame oil

1 clove garlic, minced

1 1/2 teaspoon chili sauce, hot, such as Sriracha

1/4 teaspoon cayenne pepper

TO MAKE DRESSING (5 minutes):

In a small bowl whisk together the peanut butter, vinegar, soy sauce, sugar, ginger, sesame oil, garlic, hot chili sauce and cayenne.

SALAD

12 ounce pasta, linguini (or rice noodles)

3 tablespoons peanuts, chopped

1 cup red cabbage, thinly sliced

2 each carrots, cut matchstick-like

1 each red bell pepper, thinly sliced

1/2 cup chives, chopped

1/2 cup cilantro, chopped

TO MAKE SALAD (15 minutes):

Cook the noodles according to the manufacturer's directions. Rinse with cold water and drain well.

Spread the chopped peanuts on a baking sheet and bake at 350° F for 10 minutes until golden and fragrant. Remove from the oven and set aside.

In a large bowl combine the cooked noodles, red cabbage, carrots, red bell pepper, chives and cilantro

Add the Thai dressing and toss to coat.

Indulge in the vibrant flavors of Thai cuisine with our Thai-Style Peanut Noodle Salad. Delicate linguini or rice noodles dance in a luscious peanut dressing infused with the perfect balance of tangy rice vinegar, umami soy sauce, and a kick of spicy chili sauce. The ensemble is elevated with a colorful medley of thinly sliced red cabbage, matchstick-like carrots, vibrant red bell peppers, and a refreshing sprinkle of chives and cilantro. Each bite is a harmonious symphony of textures and tastes, as the nutty crunch of chopped peanuts complements the silky noodles and crisp vegetables. It's a tantalizing fusion of savory, sweet, and spicy, inviting you to savor a world of flavors in every forkful.

TIP: NOT GOOD AS A LEFTOVER. The consistency gets a bit undesirably starchy.

NOTE: Additionally: to add more fiber simply add more veggies; to add more lean protein simply add chicken; to add more flavor without much calories add more soy, vinegar & spices.

Divide among six salad plates. Sprinkle the nuts on top of the salad.

Serving Ideas: Additionally: to add more fiber simply add more veggies; to add more lean protein simply add chicken; to add more flavor without much calories add more soy, vinegar & spices

Per Serving (excluding unknown items): 371 Calories; 11g Fat (26.5% calories from fat); 13g Protein; 56g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 548mg Sodium; 10g Total Sugars; 0mg Vitamin D; 48mg Calcium; 3mg Iron; 456mg Potassium; 208mg Phosphorus. Exchanges: .

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