



Recipes

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COLD THAI NOODLE & SHRIMP SALAD

Serves: 6. (1-1/3 cups per serving.)

Note: This noodle salad is very tasty but does require a fair amount of prep work. 30 minutes to prepare.

Ingredients:

- 8 ozs of packaged wide rice noodles.
- 2 tbsp of fresh lime juice.
- 2 tbsp of water.
- 1–½ tbsp of fish sauce.
- 1tbsp of low sodium tamari.
- 3 tbsp of light unsweetened coconut milk.
- ¼ tsp of sesame oil.
- 2 tbsp of natural crunchy-peanut butter.
- 1 tbsp of unpacked light brown sugar.
- 2 medium garlic cloves.
- 1-1/2 minced garlic cloves.
- 2 tbsp jalapeño or serrano chili pepper.
- 1 tbsp of minced fresh lemongrass.
- 2 small fresh shallots- peeled and thinly sliced.
- 3 tbsp of fresh Cilantro leaves picked off the stem and washed (optional).
- 2 tbsp of fresh basil, washed and torn.
- ¼ cup of cooked green cabbage – shredded.
- ¼ cup of uncooked red cabbage – shredded.
- ¼ cup of shredded carrots.
- 8 ozs of precooked shrimp - frozen, peeled, thawed and cut in half lengthwise.
- 2 medium fresh scallions - thinly sliced on a diagonal.

Directions:

Fill a large, deep pot with very hot tap water. Add noodles and cover; set aside.

- To make dressing, combine lime juice, water, fish sauce, tamari, coconut milk, oil, peanut butter and sugar in a medium bowl; whisk until well-combined.
- Add garlic, jalapeno, lemongrass and shallot to same bowl; mix to combine.
- Add cilantro (optional), basil, both cabbages and carrots; mix again to combine.
- Taste a noodle to see if they are ready. They should be slightly al dente.
- Drain and rinse in cold water. Add noodles to bowl and toss to coat.
- Add shrimp and scallions; mix again and let sit for at least 10 minutes or overnight in the refrigerator.