

Winter Noodle Salad



Makes (salad): ~3 servings

Makes (dressing): ~1½ cup

INGREDIENTS

Creamy Tomato Dressing

155 gm chopped tomatoes (peeled and deseeded)

¼ cup red wine vinegar

2 tbsp. balsamic vinegar

1 tbsp. Dijon mustard

1 tbsp. sweetener (see Notes)

3 garlic cloves (peeled)

½ cup extra virgin olive oil

1 tsp. salt or to taste

black pepper to taste

Noodles

150 gm / 5.3 oz. (dry weight) sweet potato vermicelli

Vegetables

120 gm / 4.2 oz. white cabbage (finely sliced)

90 gm / 3.2 oz. green bell pepper (julienned)

90 gm / 3.2 oz. yellow bell pepper (julienned)

45 gm / 1.6 oz. enoki mushrooms (base trimmed)

¼ small red onion (finely sliced)

1 habanero (finely sliced – opt.)

Garnish

3 tbsp. crushed roasted peanuts

2 tbsp. roasted sesame seeds

cilantro (roughly chopped)



Creamy Tomato Dressing

1. Place all ingredients except oil, salt and pepper to the blender. Blend until smooth.
2. Pour in the olive oil, salt and pepper to taste. Blend until well combined.
3. Set the dressing aside. If not used immediately, refrigerate the dressing.

Noodles

1. Boil according to the instructions on the package.
2. Drain the noodles.

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Remaining Steps

1. In a large mixing bowl, add the noodles and vegetables.
2. Pour ¾ cup of the dressing to the ingredients in the mixing bowl.
3. Toss gently until well combined. Add more dressing if desired.
4. Garnish with crushed roasted peanuts, sesame seeds and cilantro.
5. Let the salad sit for 15 mins.
6. Transfer to a serving plate.
7. Add more garnish if desired and serve at room temperature.

NOTES

- You can prepare the dressing and vegetables head of time. Refrigerate the dressing and vegetables until ready to serve.
- Right before serving, prepare the noodles. Then, toss with the rest of the ingredients.
- I used grape nectar from Domaine Sante as the sweetener for this salad.