

Cold Noodle Salad With Peanut Dressing

Recipe By Sina Mizrahi



Cooking and Prep:  15
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Serves:  6

Contains:     

Preference: Parve

Difficulty: Easy

Diet: Vegan, Vegetarian,
Pescetarian

Source: Relish by Binah
Magazine

Cuisines: Thai

Thanks to the creamy peanut dressing, this Thai-inspired salad is bursting with flavor. Udon noodles are more accurately thick wheat-based Japanese noodles typically eaten in broth, similar to ramen. Here, the noodles add heartiness and bulk, and the vegetables add the perfect touch of crispiness. Serve alongside a meat dish for a complete meal.

Ingredients (15)

Cold Noodle Salad

- 1 (12 oz) package udon noodles
- 1 cup shredded carrots
- 1 cup shredded purple cabbage
- 1 cup shredded green cabbage

- 1 cup snap peas
- handful of bean sprouts
- 2 tablespoons toasted sesame seeds, plus more to garnish
- 2 tablespoons finely chopped cilantro, plus more to garnish

Dressing

- 1/2 cup **Gefen Peanut Butter**
 - 3 tablespoons soy sauce
 - 1/4 cup rice vinegar
 - 2 tablespoons **Gefen Sesame Oil**
 - 3 tablespoons brown sugar
 - 1 tablespoon freshly grated ginger or 3 cubes **Dorot Gardens Frozen Ginger**
 - 1 teaspoon **Tuscanini Sea Salt**
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Start Cooking

For the Salad

1. Bring a pot of water to a rapid boil and add the udon noodles. Cook for 4 minutes, then drain and rinse well.
2. In a large bowl, whisk together the dressing ingredients.
3. Add the noodles, carrots, cabbages, snap peas, bean sprouts, sesame seeds, and cilantro and mix well until the vegetables are generously coated in dressing.
4. Serve with additional cilantro and sesame seeds sprinkled on top.

Note:

Can be stored in the refrigerator for at least two to three days.