



Spicy Peanut Noodle Salad

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Makes 6 servings

Spicy Peanut Dressing

- ½ cup peanut butter
- 3 tablespoons rice vinegar
- 3 tablespoons soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons maple syrup
- 1 tablespoon finely grated ginger
- 2 garlic cloves, minced
- ½ teaspoon cayenne pepper
- ½ lime, juiced

In a medium bowl, whisk together all ingredients and set aside

Salad

- 8 ounces cooked and cooled soba noodles
- 2 cups shredded purple cabbage
- 1 cup Brussel sprouts, ends removed and shredded
- 1 cup shredded carrots
- 2 bunches green onions trimmed and sliced on bias
- 1 red bell pepper, seed pocket removed, fine julienne
- ¼ cup chopped cilantro
- ¼ cup finely chopped roasted peanuts
- 1 lime, cut into wedges
- Garnish: ½ teaspoon black and white sesame seeds

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1. Cook noodles according to package directions, rinse with cold water, and set aside.
2. Using a food processor or box grater, shred the cabbage, sprouts, and carrots into a large bowl.
3. Add the green onions, bell pepper, and cilantro.
4. Toss noodles with vegetables, then pour a small amount of dressing over them, tossing until coated.
5. Continue until the desired amount of dressing coats the vegetables. (Don't use too much; the dressing should complement the noodles and vegetables.)
6. Allow the salad to marinate for at least 30 minutes, then sprinkle with crushed peanuts and garnish with lime wedges and a sprinkle of sesame seeds.