

Spicy Almond Noodle Salad

Amy Symington

Preparation Time: 15 minutes

Cooking Time: 10 minutes

- Preheat oven to 375°F (190°C)
- Equipment: baking sheet, parchment paper

Ingredients

6 servings

Spicy Almonds

½ cup (72 g) dry roasted almonds
1½ tsp (7 ml) maple syrup
1 ½ tsp (7 ml) of your favourite (no sugar added) hot sauce

Salad

150 g purple potato vermicelli (or rice vermicelli or glass noodles), uncooked
1 (60 g) carrot, peeled into ribbons
1 cup (85 g) thinly sliced red cabbage, tightly packed
½ cup (45 g) sugar snap peas, julienned
½ cup (75 g) frozen edamame, shelled and thawed
1 (25 g) green onion, thinly sliced

Dressing

¼ tsp lime zest
3 tbsp (45 ml) fresh lime juice, approximately 1 lime
3 tbsp (45 ml) natural unsalted almond butter
3 tbsp (30 ml) water
1 tbsp (15 ml) rice wine vinegar
2 tsp (10 ml) maple syrup
½ red chili, seeded and minced
½ tsp puréed ginger
¼ tsp sea salt

24 servings

Spicy Almonds

2 cups (290 g) dry roasted almonds
2 tbsp (30 ml) maple syrup
2 tbsp (30 ml) of your favourite (no sugar added) hot sauce

Salad

600 g purple potato vermicelli (or rice vermicelli or glass noodles), uncooked
2 (240 g) large carrots, peeled into ribbons
4 cups (340 g) thinly sliced red cabbage, tightly packed
2 cups (180 g) sugar snap peas, julienned
2 cups (300 g) frozen edamame, shelled and thawed
6 (100 g) springs green onions, thinly sliced

Dressing

1 tsp lime zest
¾ cup (180 ml) fresh lime juice, approximately 4 limes
¾ cup (180 ml) natural unsalted almond butter
¾ cup (180 ml) water
¼ cup (60 ml) rice wine vinegar
2 tbsp (30 ml) maple syrup
2 red chillies, seeded and minced
2 tsp (5 g) puréed ginger
1 tsp (2 g) sea salt

**Garnish**

1/8 bunch (5 g) cilantro, chopped
1½ tsp each black and white sesame seeds

Garnish

½ bunch (20 g) cilantro, chopped
2 tbsp each black and white sesame seeds

Directions

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment.
2. In a small bowl, toss together almonds, maple syrup, and hot sauce until almonds are completely coated. Evenly distribute on to baking sheet and roast in oven for 10-12 minutes, or until almonds are slightly toasted and fragrant. Remove from oven and set aside.
3. Meanwhile, boil water and cook noodles according to package directions. Once cooked, drain and rinse under cold water to stop the noodles from cooking further. Ensure that excess water has been completely drained.
4. Transfer noodles to a large bowl, along with the carrots, red cabbage, sugar snap peas, edamame, and spring onions. Toss together and set aside.
5. Whisk together all dressing ingredients until thoroughly combined.
6. When ready to serve, toss salad and dressing together, and top with chopped cilantro and sesame seeds. Garnish with roasted spicy almonds.

Tip:

1. Swap out the almonds and almond butter for your favourite nut and nut butter. Or if a nut allergy is present, use tahini in lieu of almond butter and top with sesame brittle from the Sweet Potato and tahini soup recipe.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 1/2 cups (123 g)	
par 1 1/2 tasses (123 g)	
Calories 260	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 12 g	16 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0 g	
Carbohydrate / Glucides 32 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	
Sodium 140 mg	6 %
Potassium 250 mg	5 %
Calcium 100 mg	8 %
Iron / Fer 1.75 mg	10 %
Vitamin A / Vitamine A 100 mcg	11 %
Vitamin C / Vitamine C 23 mg	26 %
Vitamin E / Vitamine E 5 mg	33 %

*5% or less is a **little**, 15% or more is a **lot**
 *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Intro: Nothing feels or tastes more satisfying than slurping up a giant bowl of noodles. Serve this warm or cold depending upon the temperature or your mood.

Symbols: high source of fibre, good for bowel motility, nausea and fatigue, high protein, kid friendly, good for all seasons, easy to swallow, nut free, soy free, freezable, make ahead meals

Functional foods present: nuts (almonds), orange vegetables (carrots), cruciferous vegetables (cabbage), soy (edamame), allium vegetables (onions, garlic), citrus fruit (lime), ginger, red vegetables (red chili)

Examples of phytonutrients and anti-oxidants present: carotenoids (orange vegetables), polyphenols (cruciferous vegetables, red vegetables), allicin (onions, garlic), gingerol (ginger), vitamin C (citrus fruit), vitamin E (nuts)