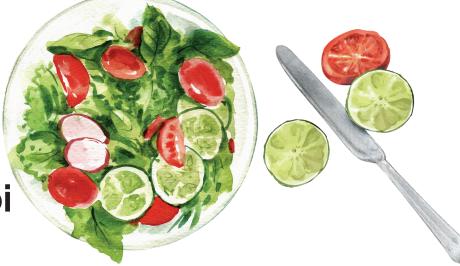


# A TASTEFUL PLACE AT THE DALLAS ARBORETUM



## Dry Noodle Salad with Pak Choi

#### Serves:

#### Ingredients:

- For the Thai Peanut Dressing:
  - 1 large clove garlic
  - 2 tbsp toasted sesame oil
  - 3 tbsp peanut, almond, or sunflower butter
  - 2 tsp ginger, peeled and grated
  - 3 tbsp fresh lime juice, plus more as needed
  - 2 tbsp + 1 tsp tamari or low sodium soy sauce
  - 1 tsp coconut sugar

- For the Salad:
  - 4 ounces soba (buckwheat) noodles
  - Good quality extra virgin olive oil
  - 1 red bell pepper, diced
  - ½ English cucumber, diced
  - 1 carrot, julienned
  - 4 green onions, chopped
  - 1 bunch Pak choi, torn from stems
  - ¼ cup cilantro, chopped

### Method :

- For the dressing, combine all ingredients into a food processor or blender until well combined. Alternatively, add all ingredients except the oil into a bowl, and whisk the oil slowly into the ingredients until combined.
- Cook the soba noodles according to the instructions on the package. Add the Pak choi during the last minute of cooking. Drain well.
- Transfer to a bowl and toss with a small amount of olive oil to prevent the noodles from sticking together.
- Add the bell pepper, cucumber, carrot, green onions, and cilantro to the bowl. Toss with the dressing until well combined.



