



A TASTEFUL PLACE AT THE DALLAS ARBORETUM



Dry Noodle Salad with Pak Choi

Serves: 4

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.

