

# ARTS FOR ALL

Virtual Y Arts: Culinary Arts  
YMCA OF PIERCE AND KITSAP COUNTIES



## Nutritious and Delicious Meals: Thai Peanut Noodle Salad

**Time:** 30 minutes  
Prep time: 25 minute  
Cook time: 5 minutes

### Supplies/ Materials:

- Chef's knife
- Grater
- Cutting board
- Tongs or large mixing spoon
- Measuring cups and measuring spoons
- Medium sauce pan
- Colander
- Large mixing bowl
- Induction burner or stove top
- Food processor or blender

### Ingredients

#### FOR THE SALAD

- ½ cup cashews or peanuts, chopped for garnish (optional)
- 4 oz Rice Stick noodles or Phad Thai noodles
- 1½ cups red or yellow bell pepper about 1 large, julienned
- 1 cup carrots shredded
- 3 cups cabbage green and purple mixed, shredded
- 1 cup sugar snap peas or snow peas, diced
- ½ cup green onions, diced
- cilantro



#### DRESSING

- 1-1½ inch Nub Fresh ginger peeled
- 2 plump cloves of garlic
- 6 Tbsp smooth peanut butter, natural
- 3 Tbsp lime juice, about 1 lime
- 3½ Tbsp soy sauce
- ½ cup fresh orange juice (roughly half an orange)
- 3 Tbsp honey or maple syrup
- 2 tsp Sriracha or ¼ tsp red chili flakes (optional)
- 2 Tbsp toasted sesame oil
- 3-4 Tbsp hot water to thin the dressing

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## Preparation

Activity	Instructions
Kitchen Safety	Wash hands with soap and warm water for 20 seconds. Dry hands and begin meal preparation.
Time for "Mise En Place" (a French term that means "to put everything into place")	Thoroughly rinse all vegetables, chop, grate and set aside. In a food processor or blender, combine all dressing ingredients. With the processor running drizzle in a few tbls of hot water. Process until smooth. Check consistency. The dressing needs to be thick enough to stick to the noodles and veggies. If too thin, it'll sink to the bottom of the bowl. Add up to two more tbl of water if desired. Set aside.
Prepare salad ingredients	Cook noodles according to directions on package. Drain and chill under cold running water. Add sauce to browned meat and let cook for several minutes. Toss in water chestnuts and cook until heated through and sauce thickens slightly.
Assemble salad	Pour the dressing over the salad, holding out about 1/4 C. Toss salad thoroughly so that all the noodles and veggies are covered. Add additional dressing if desired. Transfer to a serving bowl and sprinkle additional herbs and 2 tbls of cashews or peanuts over the top. Serve with lime wedges and Siracha.