



trifit

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Wasabi Edamame Salad with Spicy Rice Noodles

Don't let the long list of ingredients fool you, this recipe isn't as hard to make as it looks.

Ingredients

10 ounces dried rice stick noodles
1 cup vegetable broth
2 tbsp chopped garlic
2 tbsp grated ginger
1 tbsp wasabi paste
1 tsp toasted sesame oil
5 tsp sugar
2 tbsp soy sauce
1 tbsp rice vinegar
2 tbsp cornstarch
¼ cup canola oil, divided
1 tsp crushed red pepper flakes
1 cup chopped green onions
1 cup chopped carrots
1 cup chopped red bell pepper
1 (1-pound) bag frozen edamame (not in pods), thawed
Black and white sesame seeds

Directions

Soak rice noodles in boiling water for 4 to 6 minutes, or until al dente; drain well and set aside. Meanwhile, whisk together broth, garlic, ginger, wasabi, sesame oil, sugar, soy sauce, rice vinegar and cornstarch in a small bowl to make a sauce; set aside.

Heat wok over medium high heat. Add 2 tablespoons of the canola oil and pepper flakes and stir-fry for 5 seconds. Stir in drained rice noodles and fry, stirring often, for 3 minutes. Pour one-third of the reserved sauce over noodles and toss for 1 minute. Transfer noodles to a platter and keep warm.

Heat 1 tablespoon of the remaining canola oil in wok. Stir in green onions, carrots and bell peppers and stir-fry for 3 minutes. Pour half of the remaining sauce over vegetables and toss for 1 minute. Transfer vegetables to platter, arranging them over the warm noodles.

Heat remaining 1 tablespoon canola oil in wok. Add edamame and stir-fry for 2 minutes. Stir in remaining sauce and cook for an additional 2 minutes. Spoon edamame over vegetables and noodles, garnish with sesame seeds and serve immediately.

Serves 6 - Nutrition Per serving: 320 calories, 14g fat, 6g fibre, 9g protein