

Chopped Asian Salad

With Cold Noodles & Soy-Peanut Vinaigrette

In this recipe you'll use a special variety of citrus. The bright, reddish-orange tangelo is a cross between a grapefruit and a tangerine. It has all the sweet juiciness and easy-to-peel convenience of a tangerine with the heft and slight tartness of a grapefruit. They were first farmed in 1931 in Florida. It's the perfect complement for the classic Asian flavors of this dish.



Ingredients

- 2 Scallions
- 1 Bunch Cilantro
- 1 Carrot
- 1 Mini Cucumber
- 1 Tangelo
- ½ Bunch Watercress
- ½ Head Napa Cabbage
- 2 Tablespoons Whole Cashews
- 8 Ounces Cooked Egg Noodle
- 1 Tablespoon Soy Sauce
- 1 Tablespoon Creamy Peanut Butter
- 1 Tablespoon Honey
- 1 Tablespoon Rice Vinegar
- 1 Teaspoon Sambal Oelek

Makes 2 Servings

About 525 Calories Per Serving



Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Thinly slice the scallions on an angle. Pick the cilantro leaves off the stems. Peel and cut the carrot into thin matchsticks. Thinly slice the cucumber. Cut off the top and bottom of the orange so it sits flat on the cutting board. Following the contour of the orange, cut away the peel and pith; cut the remaining orange into 1-inch pieces. Remove and discard the core of the cabbage; roughly chop the leaves. Roughly chop the watercress. Roughly chop the cashews.



Rinse the noodles:

Rinse the **noodles** under cold water, using your hands to gently separate the strands. Set aside.



Make the dressing:

In a medium bowl, whisk together the **soy sauce**, **rice vinegar**, **honey**, **peanut butter** and **as much sambal oelek as you'd like**, depending on how spicy you'd like the dressing to be. Continue whisking until well combined.



Toast the cashews:

Add the **cashews** to a small, dry pan. Heat the pan on medium-high for 2 to 4 minutes, or until the nuts are toasted and fragrant, stirring occasionally. Transfer the **toasted cashews** to a small bowl.



Make the salad:

In a large bowl, combine the **cabbage**, **watercress**, **carrots**, **cucumber**, **orange pieces** and **scallions**. Lightly season with salt. Add enough of the **dressing** to coat the greens (save the extra dressing for the noodles) and toss to thoroughly mix.



Plate your dish:

Divide the **noodles** between 2 dishes and drizzle each with some of the **remaining dressing**. Top each dish of noodles with half of the **salad** and garnish with the **toasted cashews** and **cilantro**. Enjoy!