

with Yellow Beet, Cabbage & Chard

Japanese Potato Noodle Salad
with Seaweed & Chard

Prep Time: 10 min | Cook Time: 15 to 25 min



Recipe #459

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat 2 medium pots of salted water to boiling on high. Cut off and discard both ends of the beet; peel and medium dice. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Cut out and discard the core of the cabbage; thinly slice the leaves. Separate the chard leaves and stems; roughly chop the leaves and thinly slice the stems.

2



Cook the beet:

Add the **beet** to the first pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and transfer to a large bowl.

3



Make the dressing:

While the beet cooks, in a small bowl, combine the **mirin**, **ponzu sauce** and **tahini**. Whisk until thoroughly combined; season with salt and pepper to taste.

4



Cook the noodles:

While the beet continues to cook, add the **noodles** to the second pot of boiling water. Cook 6 to 8 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly and rinse under cold water to prevent the noodles from sticking.

5



Cook the vegetables:

While the noodles cook, in a medium pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **garlic**, **ginger** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until softened and fragrant. Add the **cabbage**, **chard leaves** and **chard stems**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the cabbage and chard leaves are slightly wilted. Remove from heat and transfer to a large bowl.

6



Finish & plate your dish:

To the bowl of **cooked vegetables**, add the **cooked beet**, **cooked noodles** and as much of the **dressing** as you'd like (you may have extra dressing). Toss to thoroughly combine; season with salt and pepper to taste. Divide between 2 dishes. Garnish with the **green tops of the scallions** and **as much of the spice blend as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!