

Summer Rice Noodle Bowl

Recipe by Danielle Premo

The ideal summer meal - Fresh, filling, and a great base recipe for using your favorite summer vegetables.

Preparation time: 30 minutes

Ingredients

Sauce

- 3 tablespoons lime juice
- 2 tablespoons fish sauce
- 2 tablespoons honey
- ½ cup water
- 1 teaspoon chili oil
- ¼ cup fresh basil, finely chopped

The Bowl

- 6 cups water
- 1 tablespoon salt
- 8 ounces soba noodles, softened in hot water
- 1 cup roasted cherry tomatoes
- 1 yellow bell pepper, thinly sliced
- 3 carrots, thinly sliced in rounds
- 1 cucumber, thinly sliced in rounds

Garnish

- ½ cup unsalted peanuts, chopped

Directions

1. Combine all the dressing ingredients and set aside.
2. Bring the water to a boil with the salt. Add the soba noodles and let cook about 6 minutes, until tender. Strain from the water and rinse with cold water to prevent further cooking.
3. Compose the noodle bowl with the tomatoes, bell peppers, carrots, and cucumber. Then dress with the sauce.

Serves 4 to 6

Class recipes can be found at www.evergreenhealth.com/recipes