

Miso Spring Green & Noodle Salad

Swick

Makes 12 cups | Active Time: 30 minutes | Total Time:

Chef's Notes

Suggested adult serving: 4 cups

Store any leftover salad in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Mirin: Mirin is a Japanese condiment similar to sake, but with lower alcohol content. Mirin can be substituted for sake, and can be found in the world cuisine section of your grocery store.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Spring Greens: Spring greens include spinach, arugula, baby chard, and/or baby kale.

Step 1: Make Salad Fixings

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| • 1 1/2 (10-oz) packages frozen shelled edamame | Bring a pot of water to boil. |
| • 3 oz brown rice noodles | COOK EDAMAME |
| • 3 tablespoons apple cider vinegar | Cook edamame in boiling water for 3 minutes; drain. |
| • 2 1/4 tablespoons mellow white miso | COOK NOODLES |
| • 1 1/2 tablespoons whole-grain mustard | Cook brown rice noodles according to package instructions. Rinse under cold water and drain noodles well. |
| • 1 1/2 tablespoons mirin | PREPARE MISO DRESSING |
| • 1 tablespoon pure maple syrup | In a large bowl, whisk together 3 tablespoons water, vinegar, miso, mustard, mirin, maple syrup, and crushed red pepper. |
| • 1/3 teaspoon crushed red pepper flakes | |
| • 6 cups fresh spring greens | MAKE SALAD |
| • 1 1/2 cups red cabbage thinly sliced (≈4 1/2 oz) | Add cooled noodles, edamame, mixed greens, cabbage, carrots, cucumbers, and oranges to dressing. Toss to combine. |
| • 1 1/2 carrots spiralized | |
| • 3/4 cup English cucumber bias-sliced (≈3 oz) | Serve with lime wedges. |
| • 1 1/2 oranges peeled & segmented | |
| • 3/4 lime cut into wedges | |