

Thai Rice Noodle Salad With Grilled Pineapple

Serves 4:

Modified from: www.quitegoodfood.co.nz

Items Needed: cutting board, chef's knife, grater, vegetable peeler, sauté pan, saucepan, measuring cups, measuring spoons, colander, small bowl, large bowl, mixing spoon

Ingredients:

For the dressing:

- 1/4 cup lime juice, freshly squeezed
- 2 tbsp low sodium soy sauce
- 2 tsp sesame oil
- 1 clove garlic, crushed or finely grated
- 1 tbsp ginger, finely grated

For the salad:

- Half a pack of thin rice stick noodles (approximately 8oz, from a 16oz package)
- Water (follow directions on rice noodle package for how much to add)
- 4-5 thick slices of fresh pineapple, skin trimmed
- 1 cucumber
- 1 carrot
- 1 cup cilantro, approximate, roughly chopped
- 1/2 cup mint, approximate, roughly chopped
- 1/2 cup roasted peanuts, finely chopped

Directions

For the dressing:

1. Put all dressing ingredients a small bowl and stir to combine.

For the salad:

1. Preheat a saute pan to very hot and bring water to a boil in your saucepan
2. Cook whole pineapple slices in the saute pan for a few minutes on each side, until they have char marks.
3. Remove from heat, cool for a few minutes and cut into even sized chunks.
4. Once water is boiling, cook your rice noodles, for a few minutes, until just cooked. Keep an eye on them and taste often - you don't want to overcook them. Drain noodles and refresh under cold water, drain again then add to a large mixing bowl.
5. Peel and shred or grate your carrot, add to the bowl.
6. Use a vegetable peeler to make ribbons with your cucumber, add to the bowl.
7. Add the chopped herbs, peanuts, and grilled pineapple.
8. Add dressing, and toss to mix everything together, ensuring the noodles are well coated with dressing and everything is evenly mixed.
9. This salad is best served fresh (or within an hour or so) as the noodles will soak up the dressing and dry out over time.

Nutrition Information (per ¼ of the recipe):

Calories: 383 Fat: 11 g Carbs: 60 g Protein: 11 g Fiber: 4 g Sodium: 275 mg

Narrow Margins

Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at <https://ndb.nal.usda.gov/ndb/>

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