

Asian Noodles with Fresh Veg

- 4 ounces Chinese egg noodles or pasta noodles (such as linguini or angel hair)
- 2 tablespoons dark sesame oil
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- Pinch ground ginger
- Dash of salt
- Dash of pepper
- 1/4 red bell pepper, thinly sliced
- 3 tablespoons coarsely shredded carrot
- 2 medium scallions, thinly sliced
- 1/4 teaspoon sesame seed, if desired

Bring a medium pot of water to boil over high heat.

Add the noodles whole (do not break them into shorter pieces) and cook them until tender, about 5 to 7 minutes, stirring occasionally to separate.

In a small bowl, whisk together the sesame oil, soy sauce, rice vinegar, honey, ginger, salt, and pepper. When the noodles are done, drain and transfer them to a serving bowl. Add the bell pepper, carrot, scallions, and radish, if you are using it, then pour on the sauce and toss everything well to coat. Serve warm or chilled.

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16 MANNING ST. DERRY, NH

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