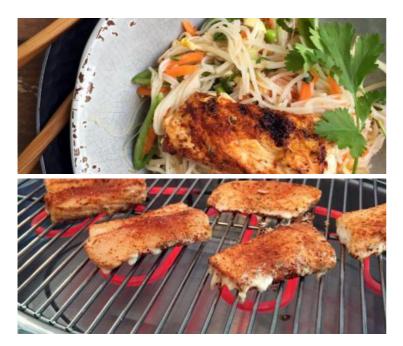
# Publicado en *Recetas Saladmaster* (https://recipes.saladmaster.com)

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### Thai Rice Noodle Salad with Grilled Fish



#### Sirve:

6 servings

#### Pieza:

Smokeless Broiler small mixing bowl large mixing bowl Valora: ★☆☆☆☆

#### Contribuido por:

Cathy Vogt Certified Health Coach & Natural Foods Chef Agregar un Comentario

#### Descripción de la Receta:

Top this rice noodle salad with crunchy fresh vegetables and grill firm white fleshed fish, such as cod, tilapia, halibut or shrimp, seasoned with a Thai seasoning blend. Toss everything together as in the directions below or serve each ingredient in a separate bowl and have guests put together their own customized noodle bowl.

#### Saladmaster seasoning blends are limited edition.

```
8 ounces
dried rice vermicelli style noodles
(227
g)
     \frac{1}{2} pounds
    1
        cod or halibut filet
(680
g)
    1 \frac{1}{2} tablespoons
        Thai seasoning blend
(41
g)
      1 tablespoon
olive oil
(15
```

ml)

- <sup>1</sup>/<sub>3</sub> cup fresh mint and basil leaves, chopped
- (14
- () g)
- 4 scallions, white and green part, minced
- 2 cups fresh bean sprouts
- (96

(30 g)

- 3 carrots, scrubbed and shredded, use Cone #2
- 1 cup fresh snow peas, strings removed and sliced
  - ¹⁄₄ cup
    - slivered almonds or peanuts, lightly toasted and chopped
- (27
- g)

fresh cilantro, chopped (optional)

## Sauce

1/4		
cup coconut aminos (60	ml) ¼	
cup maple syrup or brow sugar	/n (81 g) 2 1	
cloves garlic, shredded, u	use Cone 2	
#1	2	
tablespoon ginger, shree	lded, use Cone	(6 g) 1
#1		
tablespoons fresh lime juice	(30 ml)	Preparación :
tablespoons rice	(30 ml) teaspool	arseicsale (eles)
vinegar	accordin	g to package directions.
Set aside.		
2. Trim fish and cut in	to six 3-ounce port	tions. Transfer to a dish,
والماسين والمربية المراجب المتراجب والمتراجب والمربية فيتحرج والمراجب والمراجب والمراجب والمراجب والم		

- Trim fish and cut into six 3-ounce portions. Transfer to a dish, brush both sides of each portion lightly with oil and sprinkle both sides with seasoning blend.
- 3. Pour 1 quart water into bottom of broiler pan or until it reaches the marks stamped inside. Place grill rack onto broiler pan.
- 4. Plug in cord to electrical outlet and preheat for about 5 minutes.
- 5. Place seasoned fish portions, evenly spaced, onto grill rack and cook for 6 - 8 minutes on each side until cooked through.
- 6. Carefully remove fish and transfer to a clean plate. Set aside.7. In a large bowl, mix together cooked and drained rice noodles,
- basil and mint, scallions, bean sprouts, carrots and snow peas.
- 8. In a small bowl, mix together all sauce ingredients.
- 9. Pour sauce over noodle mixture, add chopped almonds and toss gently to combine. Taste and adjust seasonings as necessary.
- 10. To serve, place a portion of noodle mixture on plate, top with a portion of grilled fish and garnish with chopped fresh cilantro.

## Consejos:

- Substitute coconut aminos for tamari. Taste before adding extra salt.
- Add chopped cucumber or shredded zucchini.
- Serve noodles on top of chopped crunchy romaine lettuce.
- Substitute grilled fish for seasoned and grilled tempeh for a vegetarian/vegan entrée.

Información nutricional por ración

Calorías: 370 Grasa Total: 7g Grasa1gSaturada:Colesterol:56mgSodio:674mgCarbohidratos:53gFibra4gDietética:Azúcar:15gProteína:26g