

## Thai Rice Noodle Salad with Grilled Fish



### Sirve:

6 servings

### Pieza:

Smokeless Broiler

small mixing bowl

large mixing bowl

**Valora:** ★☆☆☆☆

### Contribuido por:

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Certified Health Coach & Natural Foods Chef

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### 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)  
1 ½ pounds  
cod or halibut filet  
(680  
g)  
1 ½ tablespoons  
Thai seasoning blend  
(41  
g)  
1 tablespoon  
olive oil  
(15

ml)  
 $\frac{1}{3}$  cup  
 fresh mint and basil leaves, chopped  
 (14  
 g)  
 4 scallions, white and green part, minced  
 2 cups  
 fresh bean sprouts  
 (96  
 g)  
 3 carrots, scrubbed and shredded, use Cone #2  
 1 cup  
 fresh snow peas, strings removed and sliced  
 $\frac{1}{4}$  cup  
 slivered almonds or peanuts, lightly toasted and chopped  
 (27  
 g)  
 fresh cilantro, chopped (optional)

### Sauce

$\frac{1}{4}$   
 cup coconut aminos (60 ml)  $\frac{1}{4}$   
 cup maple syrup or brown (81 g) 2  
 sugar 1  
 cloves garlic, shredded, use Cone 2  
 #1 2  
 tablespoon ginger, shredded, use Cone (6 g) 1  
 #1  
 tablespoons fresh lime (30 ml)  
 juice  
 tablespoons rice (30 ml) 1. Prepare rice noodles  
 vinegar according to package directions.  
 Set aside.

### Preparación :

2. 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

<b>Grasa</b>	1g
<b>Saturada:</b>	
<b>Colesterol:</b>	56mg
<b>Sodio:</b>	674mg
<b>Carbohidratos:</b>	53g
<b>Fibra</b>	4g
<b>Dietética:</b>	
<b>Azúcar:</b>	15g
<b>Proteína:</b>	26g

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**Saturada:**

**Colesterol:** 56mg

**Sodio:** 674mg

**Carbohidrato:** 53g

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