

Hi again, Food Fans!

The weather is getting warmer again and it makes me want meals that are a bit lighter with more veggies in them. A new dish that I've been enjoying a lot recently is

Asian Noodle Salad with Satay

This is a nice, quick meal. It involves very little time in front of the stove, but it does have some marinating, so be prepared to do some prep in advance. The recipe makes enough for 4, and the vegetables can easily be changed to fit some of your favorites in.

Here's what you'll need for this recipe:

half a package of vermicelli rice noodles

1lb beef (grilling quality) or chicken breast, cut into 1-inch cubes

1 cucumber, julienned

1 cup sugar peas, diced

2 small carrots, julienned

1 shallot, minced

6 green onions, cut into rings

Marinate:

juice and zest of 2 limes

2 cloves garlic, finely chopped

1 tablespoon freshly grated ginger

1 jalapeno pepper, finely chopped

3 tablespoons honey

3 tablespoons sesame oil

4 tablespoons soy sauce

5 tablespoons water

Mix the ingredients for the marinate together in a large bowl and set aside.

There's also a ginger sauce for the meat:

1/4 cup soy sauce

2 tablespoons honey

1 tablespoon freshly grated ginger

2 garlic cloves, finely chopped

3/4 teaspoons cayenne pepper

Mix the ginger sauce ingredients in a small bowl and set aside.

Mix the vegetables into the bowl with the marinade and let sit for between 30 minutes and 4 hours. The longer they soak, the stronger the flavor will be.

Next, set a pot to boil. Once it's boiling, cook half of a package of vermicelli-style rice noodles according to the directions on the package.

While the water is heating, heat a pan over medium-high heat.

Coat each piece of meat into the ginger sauce and cook in the hot pan. Make sure to use a large enough pan so the meat doesn't crowd.

Cook the meat for 4 minutes before flipping and cooking for another 4 minutes on it's other side.

Once the meat has cooked, add the remaining ginger sauce and cook for 1 more minute while it thickens.

Toss together noodles, meat veggies and remaining marinate sauce.

Serve hot.

Happy eating!