

Recipe

Cold Noodles Taiwanese Style

By

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Ingredients

3 cups cooked pasta
¼ cup green beans, sliced thinly
¼ cup red pepper, sliced thinly
¼ cup sliced yellow pepper, sliced thinly
¼ cup shredded carrot
½ tsp sesame seeds
1 tsp sesame oil
4 tbs Chinese sesame paste or tahini
2 tbs soy sauce
1/8 tsp chili sauce

Preparation

Slice all the vegetables. Just a minute or two before your pasta (spaghetti) is done, add all the vegetable slices in the pot to be cooked with pasta.

In a medium bowl, mix soy sauce, sesame oil, sesame paste, chili sauce, and dash of sugar (if you prefer). Toss pasta and vegetables well with seasoning in the bowl. Sprinkle sesame seeds and garnish with cilantro leaves.

***This cold noodle dish is one of the most common breakfast items (for children) and lunch items (for grown-ups) in Taiwan. The original recipe consists only uncooked shredded carrot and cucumber and it is heavier on oil than sesame paste.

Serves

3

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