



Summer Sesame Noodles

Beat the heat without sacrificing the flavor! This nutty and savory cold sesame noodle dish is the perfect meal for these hot summer months. There's very little cooking involved; simply boil your noodles, mix in the sesame paste, top with your favorite fresh veggies and you're good to go!

20

MINUTES

4

SERVINGS

12

INGREDIENTS



SPICE LEVEL

Summer Sesame Noodles

INGREDIENTS

- 1 lb fresh wheat noodles
 - 1/4 c sesame paste
 - 3 tbsp hot water
 - 3 tbsp soy sauce
 - 2 tbsp black vinegar
 - 1 tbsp chili oil
 - 1 tsp sesame oil
 - 1 tsp ginger minced
 - 2 tsp minced garlic
 - sesame seeds for garnish
- Julienned vegetables for topping:
- cucumbers
 - carrots

DIRECTIONS

1. Make the sesame sauce: In a small bowl whisk together sesame paste and hot water. Add in your soy sauce, sesame oil, black vinegar, chili oil, garlic, and ginger. Mix thoroughly to combine.
2. Boil your noodles until al dente. While the noodles are cooking, prepare your vegetable toppings.
3. Transfer the cooked noodles into a colander and rinse with cold water to stop the cooking. Drain well.
4. Mix in your noodles with the sauce and top with your choice of julienned vegetables. Sprinkle sesame seeds and enjoy!



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