

# Market District Demo Recipes

## Entrée



THE OHIO STATE  
UNIVERSITY

WEXNER MEDICAL CENTER

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## Thai Rice Noodle Salad with Grilled Pineapple

Serves: 4

Modified from: [www.QuiteGoodFood.co.nz](http://www.QuiteGoodFood.co.nz)

**Items Needed:** cutting board, knife, grater, vegetable peeler, sauté pan, saucepan, measuring spoons, measuring cups, colander, small mixing bowl, large mixing bowl, wooden spoon

### Ingredients:

#### Dressing:

- ¼ cup lime juice, freshly squeezed
- 2 Tablespoons low sodium soy sauce
- 2 teaspoons sesame oil
- 1 clove garlic, crushed or finely grated
- 1 Tablespoon ginger, finely grated

#### Salad:

- 8 ounces (half of a 16 ounce package) thin rice stick noodles
- Water (according to package directions on noodles)
- 4-5 thick slices of fresh pineapple, skin trimmed
- 1 cucumber
- 1 carrot
- 1 cup cilantro, roughly chopped
- ½ cup mint, roughly chopped
- ½ cup roasted peanuts, finely chopped

### Directions:

1. For the dressing: put all the dressing ingredients in a small bowl and stir to combine.
2. For the salad: Preheat a sauté pan to very hot and bring water to a boil in your saucepan.
3. Cook whole pineapple slices in the sauté pan for a few minutes on each side, until they have char marks. Remove from heat, cool for a few minutes and cut into even sized chunks.

4. Once water is boiling, cook your rice noodles for a few minutes, until just cooked. Keep an eye on them and taste often – don't overcook. Drain noodles and rinse under cold water, drain again and add to a large mixing bowl.
5. Peel and shred or grate carrot; add to the bowl.
6. Use a vegetable peeler to make ribbons with cucumber, add to the bowl.
7. Add the chopped herbs, peanuts and grilled pineapple to the large bowl. Add dressing, toss to mix everything together, ensuring the noodles are well coated with dressing and everything is evenly mixed.
8. Serve fresh (within an hour or so), as the noodles will soak up the dressing and dry out over time.

### **Nutrition Information (per ¼ of the recipe):**

Calories: 383 Fat: 11 g Carbs: 60 g Protein: 11 g Fiber: 4 g Sodium: 275 mg