

KICKIN' IT FILIPINO



RECIPE BY URBAN ROOTS YOUTH
CHEF COACH: CHRIS HER, UNION KITCHEN

Makes 8 generous (1 cup) servings + 1 generous cup dressing

SALAD INGREDIENTS

1 (8-ounce) box wide rice noodles
2 teaspoons canola oil
1 ½ cups chopped frozen or fresh green beans
¼ teaspoon crushed red pepper flakes
Salt to taste
1 ½ cups sliced radishes
1 ½ cups chopped bok choy
1 cup shredded carrots
1 cup chopped tomato or halved cherry tomatoes
½ cup chopped fresh cilantro
½ cup sliced green onions
8 cups mixed salad greens
Roasted, salted pepitas (pumpkin seeds)

DRESSING INGREDIENTS

½ cup tamarind paste
½ cup coconut milk
¼ cup canola oil
2 tablespoons rice vinegar
1 tablespoon chili powder
1 tablespoon honey
2 teaspoons finely chopped or
grated fresh gingerroot
¼ teaspoon salt

DIRECTIONS

1. Cook rice noodles according to package directions. Remove from heat, drain; let cool.
2. Meanwhile, heat 2 teaspoons oil in medium skillet over medium-high heat. Sauté green beans just until crisp-tender; season with red pepper flakes and salt. Set aside.
3. Mix the remaining salad ingredients in a large bowl. Stir in cooked noodles and green beans.
4. To make the dressing, place tamarind, coconut milk, oil, vinegar, chili powder, honey, ginger, and salt in a blender container; blend until smooth.
5. Stir half of the dressing into the salad mixture; toss to coat well. Place salad greens on plates. Spoon salad mixture on top; drizzle with remaining dressing and garnish with pepitas.