



# RICE NOODLE DISHES

## **Drunken Noodles**

A traditional remedy for a hangover!

## **Ginger Chicken with Honey and Rice Noodles**

## **Ginger Rice Noodles with Broccoli and Basil**

## **Noodle and Vegetable Stuffed Eggplant**

## **Pad Thai**

## **Peanut Coconut Rice Noodles with Vegetables**

This dish goes great with a roast pork or grilled meats, chicken or fish.

## **Rice Noodles with Sesame Basil Pesto**

Some days you can have it all. This recipe is easy, fast, low-fat and vegan. *Plus*, it's great whether served hot or cold.

## **Sweet and Sour Eggplant over Rice Noodles**

# Drunken Noodles



Spicy and hot, these noodles are supposedly the Thai sure-cure for a hangover.

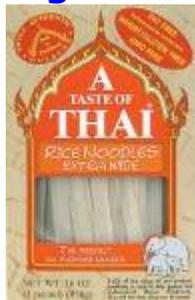
## Yield:

4 servings

## Time:

20 minutes

## Ingredients:



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1/2 box ( 8 oz / 227 g ) **Wide Rice Noodles**

4 Tbsp vegetable oil

3 Tbsp chopped garlic

2 small onions, chopped

2 large tomatoes, chopped

1 red bell pepper, chopped

2 cups cleaned and cut green beans

Juice of one lime

1/4 cup **Garlic Chili Pepper Sauce**

1/3 cup soy sauce

1/2 cup brown sugar

1 tsp salt

## Equipment:

Large non-stick skillet

## Directions:

**1** Soak noodles according to directions for stir-fry.

**2** In a large skillet or wok heat oil. Add garlic and brown lightly. Add onions, tomatoes, red bell pepper and green beans; stir-fry lightly 1-2 minutes.

**3** Add drained Rice Noodles, stir to combine. Add lime juice, Garlic Chili Pepper Sauce, soy sauce, brown sugar and salt stirring continuously until noodles are firm but tender (al dente). Serve and enjoy.

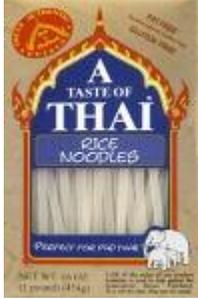
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# Ginger Chicken with Honey and Rice Noodles

## Yield:

4 Servings

## Ingredients:



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- 1/2 box ( 8 oz / 227 g ) **Rice Noodles** , any width
- 2 Tbsp vegetable oil
- 1 large onion, cut into crescents
- 1 Tbsp finely minced ginger
- 3 large cloves garlic, finely minced
- 1 red bell pepper, julienned
- 1 10 oz ( 280 g ) package mushrooms of choice, quartered
- 1 lb ( 454 g ) boneless skinless chicken breast, sliced into thin diagonals
- 1/4 cup soy sauce
- 1/2 cup honey
- 2 tsp **Fish Sauce**
- 1 bunch bunch scallions (green onionns) cut into 2" diagonals
- 2 Tbsp lime juice, freshly squeezed

## Directions:

- 1** Soak Rice Noodles according to package for sauté.
- 2** In a large nonstick skillet or wok, heat oil over medium heat.
- 3** Add onion, ginger, garlic and red bell pepper. Stir fry for 3 - 4 minutes.
- 4** Add chicken and mushrooms. Continue to stirfry until the chicken is no longer pink and almost cooked through.
- 5** Stir in the soy sauce, honey and Fish Sauce. Cook for 1 minute.
- 6** Add drained Rice Noodles and scallions, tossing and turning constantly until the Rice Noodles are firm yet tender and all ingredients are well incorporated.
- 7** Toss with fresh lime juice. Serve immediately.

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# Ginger Rice Noodles with Broccoli and Basil

## Yield:

2 Servings

## Ingredients:



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1/4 box **Rice Noodles**

2 Tbsp peanut oil

1/2 lb broccoli florets

2 Tbsp chopped garlic

2 Tbsp chopped fresh ginger

1/4 cup water

3 Tbsp lime juice

3 Tbsp **Garlic Chili Pepper Sauce**

2 tsp sugar

1/2 Tbsp fresh basil

3 Tbsp chopped fresh basil

2 cups bean sprouts

1/4 cup chopped peanuts

## Directions:

**1** Soak Rice Noodles according to package for sauté.

**2** In wok or skillet, heat oil over medium high heat.

**3** Add broccoli. Stir fry 2 minutes.

**4** Add garlic and ginger. Stir fry for 30 seconds.

**5** Add water, lime juice, Garlic Chili Pepper Sauce, sugar, salt and drained Rice Noodles.

**6** Cook two minutes, stirring constantly.

**7** Add basil, bean sprouts and peanuts. Mix all together well.

**8** Serve hot.

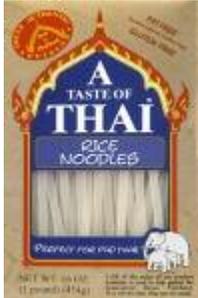
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# Noodle and Vegetable Stuffed Eggplant

## Yield:

6 Servings

## Ingredients:



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1/2 box ( 8 oz / 227 g ) **Rice Noodles**  
3 small eggplants, about 1 lb ( 454 g ) each  
1 Tbsp olive oil  
1 medium onion, chopped  
4 cloves garlic, finely minced  
1 red bell pepper, chopped  
1 green bell pepper, chopped  
1 yellow squash, seeded and chopped  
1 15 oz ( 454 ml ) can diced tomatoes  
1 tsp salt  
1/2 tsp cracked black pepper  
1 Tbsp dried basil  
2 tsp dried oregano  
1/3 cup parmesan cheese  
1/2 cup medium fine chopped Italian parsley

## Directions:

- 1** Preheat oven to 375°F (190°C).
- 2** Soak Rice Noodles according to box for sauté.
- 3** Cut eggplant in half lengthwise. Remove pulp, leaving about 1/4 inch thick shell. Rough chop the pulp and set aside.
- 4** In a large nonstick skillet, heat olive oil over medium heat. Sauté eggplant pulp, onion and garlic 2 to 3 minutes or until almost soft. Add red bell pepper, green bell pepper, yellow squash and sauté 2 - 3 minutes more.
- 5** Stir in the diced tomatoes, salt, pepper, basil and oregano and mix together well. Simmer for 5 minutes more. Turn off heat.
- 6** Add drained Rice Noodles to the vegetables, tossing well until all is well incorporated. Transfer to a large bowl.
- 7** Mix in parmesan and chopped parsley.
- 8** Lightly oil the outside bottom of the eggplants and place eggplant halves in size appropriate baking dish open side up. Stuff with the Rice Noodles/vegetable mixture.
- 9** Bake for 25 - 35 minutes, until the eggplant shell is soft enough to eat. Serve.

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# Pad Thai



## Yield:

2 Servings

## Ingredients:



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- 4 Tbsp vegetable oil, divided
  - 1 egg, beaten
  - 1/2 lb ( 227 g ) raw shrimp, peeled and deveined\*
  - 1/2 box ( 8 oz / 227 g ) **Rice Noodles** , any width, soaked for stir-fry
  - 4 scallions, chopped
  - 1/3 cup coarsely chopped peanuts
  - 1 packet **Pad Thai Sauce**
  - 2 cups bean sprouts
  - Garnish cilantro and lime wedges
- \*Chopped chicken or pork may also be used.

## Directions:

- 1** In wok or large skillet, heat 2 Tbsp vegetable oil.
- 2** Add egg. Scramble lightly, about 20 seconds.
- 3** Add shrimp or meat. Stir fry until cooked through.
- 4** Add remaining vegetable oil. Add Rice Noodles. Stir fry 4-7 minutes until firm but tender.
- 5** Add scallions, peanuts and Pad Thai Sauce. Stir fry about 1 minute.
- 6** Stir in bean sprouts.
- 7** Serve hot garnished with cilantro and lime wedges.

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# Peanut Coconut Rice Noodles with Vegetables



This dish goes great with a roast pork or grilled meats, chicken or fish.

## Yield:

4 Servings

## Ingredients:



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1/2 box ( 8 oz / 227 g ) **Rice Noodles** ,  
any width

4 cups vegetables of your choice, sliced  
thinly

2 Tbsp oil

1 can **Coconut Milk**

1 packet **Peanut Sauce Mix**

\*NOTE: Garnish with fresh chopped cilantro,  
bean sprouts or chopped peanuts.

## Directions:

**1** Prepare Rice Noodles according to package for sauté.

**2** In a large nonstick skillet or wok, heat oil over medium high heat.

**3** Add vegetables and stirfry until vegetables are tender crisp. Drain in a colander.

**4** Add Coconut Milk and Peanut Sauce Mix to the skillet. Mix together well. Bring to a boil and simmer for 2 minutes.

**5** Add the drained Rice Noodles, stirring constantly. Stirfry until noodles are still firm yet tender.

**6** Add the vegetables and toss until well mixed and heated through.

**7** Pour into your favorite serving platter and serve.

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# Rice Noodles with Sesame Basil Pesto



Some days you can have it all. This recipe is easy, fast, low-fat and vegan. *Plus*, it's great whether served hot or cold.

## Yield:

Serves 4 hungry people

## Time:

20 minutes from start to finish

## Ingredients:



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1/2 box ( 8 oz / 227 g ) **Rice Noodles** ,  
any width

2 Tbsp sesame seeds

1 cup firmly packed basil leaves, stems  
removed

4 cloves garlic

2 Tbsp hot chili oil

2 Tbsp olive oil

2 Tbsp rice wine vinegar

1 tsp sugar

1 tsp salt

## Equipment:

Blender

Tip:

Although traditionally rice noodles are soaked in water for up to an hour to soften them, here we use the quick boil method for today's time-pressed cooks.

## Directions:

**1** Preheat oven to 300 F.

**2** Put a large pot of water (2 quarts or more) on to boil, with one tablespoon salt.

**3** Spread the sesame seeds on a pan. Toast in oven for about 2 minutes or until golden.

**4** Watch them carefully so they don't burn. Remember: brown means bitter!

**5** Put the basil leaves, garlic, toasted sesame seeds, chili oil, olive oil, vinegar, sugar, and salt in the blender. Blend until smooth.

**6** When the water boils, add the rice noodles. Stir once to separate the noodles.

**7** Boil 5 to 7 minutes, until noodles are tender but still firm (al dente).

**8** FOR WARM NOODLES

Drain the noodles and very briefly run warm water over them. (This removes some of the starch, keeping the noodles from getting "gummy"). Return the noodles to the pot and toss in the sauce.



**9** FOR COLD NOODLES

Drain the noodles and immediately run under cold water until noodles are cool. Toss with sauce and serve, or cover and chill to serve later.



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# Sweet and Sour Eggplant over Rice Noodles

## Yield:

2 Servings

## Ingredients:



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1/3 box **Rice Noodles** , any width  
1 eggplant, diced into 1 & 1/2" cubes  
1 tablespoon salt  
3 tablespoons olive oil  
1 red bell pepper, julienned  
1 medium onion, diced  
6 cloves garlic, chopped  
5 plum tomatoes, quartered lengthwise  
3 Tbsp **Garlic Chili Pepper Sauce**  
5 Tbsp **Sweet Red Chili Sauce**  
1 tablespoon chopped fresh ginger  
1/2 cup fresh basil, chopped  
juice from one lime

## Directions:

- 1** Soak Rice Noodles according to package for sauté.
- 2** Place eggplant in strainer. Sprinkle eggplant evenly with salt. Let sit 20-30 minutes (to remove bitter juice).
- 3** Once eggplant has sat for appropriate time, press excess brown juice from eggplant.
- 4** In sauté pan, heat olive oil over medium high heat.
- 5** Stir fry eggplant until slightly brown, about 2 minutes.
- 6** Add red bell pepper, onion and garlic. Cook until they begin to soften, about 2-3 minutes.
- 7** Add drained Rice Noodles, plum tomatoes, Garlic Chili Pepper Sauce, Sweet Red Chili Sauce, ginger and basil. Cook until tomatoes begin to soften but are not mushy, about 3 minutes. (If noodles begin to stick, add water as needed. Up to 1/2 cup (120ml) of water may be added.)
- 8** Stir in lime juice just before serving. Serve hot.

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