

Orange Sesame Noodles



Makes:

8 servings (16 servings as side dish)

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
11" Large Skillet with Cover
small mixing bowl

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Recipe:

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3 medium
carrots, julienned, use Cone #2
3 teaspoons
organic, gluten free tamari or soy sauce, or substitute with lite
(15
mL)
zest of two oranges, approximately 4 tablespoons, use Cone #1
1 cup
fresh orange juice
(240
mL)
2 teaspoons
fresh ginger, shredded, use Cone #1
(4
g)
6 teaspoons
brown rice syrup or agave
(42
g)
1 teaspoon
ground cloves
(2
g)
2 teaspoons
sesame oil
(10
mL)
2 tablespoons

rice vinegar
(30 mL)
14 ounces
very thin rice noodles (rice sticks/vermicelli; or substitute with bean thread noodles)
(397 g)

Sauce for Noodles

4
tablespoons organic, gluten free tamari or soy (60 mL) 2
sauce 2
tablespoons dark sesame oil (30 mL) 1
tablespoons brown rice syrup or (42 g) 2
agave $\frac{1}{4}$
tablespoon rice (15 mL) tablespoons water (30 mL)
vinegar

Directions:

- cup black roasted sesame (32 g) seeds
1. Julienne carrots directly into the skillet.
 2. In a small bowl, combine tamari, orange zest, orange juice, grated ginger, brown rice syrup, cloves, sesame oil and rice vinegar. Stir until well mixed.
 3. Pour marinade over carrots in skillet and stir to combine. Simmer over medium heat until just a small amount of liquid remains.
 4. In the meantime, cook rice noodles in sauce pan as directed on package. Drain and transfer to skillet. Toss carrots and remaining liquid with rice noodles.
 5. In a small bowl, mix together tamari, sesame oil, brown rice syrup, rice vinegar and water. Pour over noodle and carrot mixture and toss until thoroughly coated. Add more tamari, and/or any of the other flavorings such as agave, to taste.
 6. Toss in the black sesame seeds until evenly distributed. Serve hot or cold.

Tips:

- If you cannot find black sesame seeds, then use white whole sesame seeds and toast in the small Chef's Gourmet Skillet over medium-low heat until dark brown and fragrant.

Nutritional Information per

▼ Serving

Calories: 303
Total Fat: 6g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 742mg
Total 52g
Carbs:
Dietary Fiber: 3g
Sugar: 4g
Protein: 4g

Nutritional analysis based on 8 main course servings