

## Thai Rice Noodle Salad with Grilled Fish



### Makes:

6 servings

### Utensil:

Smokeless Broiler

small mixing bowl

large mixing bowl

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### Recipe:

### Contributed By:

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Certified Health Coach & Natural Foods Chef

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### Recipe Description:

Top this rice noodle salad with crunchy fresh vegetables and grill firm white fleshed fish, such as cod, tilapia, halibut or shrimp, seasoned with a Thai seasoning blend. Toss everything together as in the directions below or serve each ingredient in a separate bowl and have guests put together their own customized noodle bowl.

**Saladmaster seasoning blends are *limited edition*.**

8 ounces  
dried rice vermicelli style noodles  
(227  
g)  
1 ½ pounds  
cod or halibut filet  
(680  
g)  
1 ½ tablespoons  
Thai seasoning blend  
(41  
g)  
1 tablespoon  
olive oil

(15 ml)  
 $\frac{1}{3}$  cup  
 fresh mint and basil leaves, chopped

(14 g)  
 4 scallions, white and green part, minced  
 2 cups  
 fresh bean sprouts

(96 g)  
 3 carrots, scrubbed and shredded, use Cone #2  
 1 cup  
 fresh snow peas, strings removed and sliced  
 $\frac{1}{4}$  cup  
 slivered almonds or peanuts, lightly toasted and chopped

(27 g)  
 fresh cilantro, chopped (optional)

### Sauce

$\frac{1}{4}$   
 cup coconut aminos (60 ml)  $\frac{1}{4}$   
 cup maple syrup or brown (81 g) 2  
 sugar 1  
 cloves garlic, shredded, use Cone 2  
 #1 2  
 tablespoon ginger, shredded, use Cone (6 g) 1  
 #1  
 tablespoons fresh lime (30 ml)  
 juice  
 tablespoons rice (30 ml) 1  
 vinegar 1  
 1. Prepare rice noodles according to package directions.

### Directions:

- Set aside.
- Trim fish and cut into six 3-ounce portions. Transfer to a dish, brush both sides of each portion lightly with oil and sprinkle both sides with seasoning blend.
  - Pour 1 quart water into bottom of broiler pan or until it reaches the marks stamped inside. Place grill rack onto broiler pan.
  - Plug in cord to electrical outlet and preheat for about 5 minutes.
  - Place seasoned fish portions, evenly spaced, onto grill rack and cook for 6 - 8 minutes on each side until cooked through.
  - Carefully remove fish and transfer to a clean plate. Set aside.
  - In a large bowl, mix together cooked and drained rice noodles, basil and mint, scallions, bean sprouts, carrots and snow peas.
  - In a small bowl, mix together all sauce ingredients.
  - Pour sauce over noodle mixture, add chopped almonds and toss gently to combine. Taste and adjust seasonings as necessary.
  - To serve, place a portion of noodle mixture on plate, top with a portion of grilled fish and garnish with chopped fresh cilantro.

### Tips:

- Substitute coconut aminos for tamari. Taste before adding extra salt.
- Add chopped cucumber or shredded zucchini.
- Serve noodles on top of chopped crunchy romaine lettuce.
- Substitute grilled fish for seasoned and grilled tempeh for a vegetarian/vegan entrée.

### Nutritional Information per

#### Serving

**Calories:** 370

**Total Fat:** 7g  
**Saturated Fat:** 1g  
**Cholesterol:** 56mg  
**Sodium:** 674mg  
**Total** 53g  
**Carbs:**  
**Dietary Fiber:** 4g  
**Sugar:** 15g  
**Protein:** 26g

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