Celebrating Our Roots with Le Truong and Minneapolis Edible Boulevards
August 9: 11:00 a.m. - 12:00 p.m. at Sheridan Neighborhood Org. Garden #2

Vietnamese Noodle Salad

Ingredients

Salad Ingredients:

- 1 large head of Lettuce, shredded
- 1 small bunch of Cilantro, roughly chopped
- 1 small bunch of Mint leaves, roughly chopped
- 2 medium Cucumbers, thinly sliced or julienned
- 2 medium Carrots, julienned or shredded
- 1 medium Zucchini, julienned
- 1-1.5 blocks of Tofu (cut into strips or cubes and pan-fry)
- 8-10 oz dry Rice noodles, cooked and cooled

Salad Dressing – Ginger Soy Vinaigrette:

- ½ cup organic sugar
- ¼ cup gluten free soy sauce
- ¼ cup boiled water
- ¼ cup vinegar (rice vinegar preferred)
- 1 tbsp minced ginger
- 1 tbsp minced garlic
- 1 minced Thai chili (adjust to taste)

Salad Dressing

Ginger Soy Vinaigrette

Recipe Directions

1. **Make the dressing:**
   In a bowl, whisk together the sugar and boiled water until the sugar dissolves.

Add soy sauce, vinegar, minced ginger, garlic, and Thai chili. Stir well and set aside to let the flavors meld.

2. **Cook the rice noodles:**
   Prepare rice noodles according to package instructions. Drain and rinse under cold water. Set aside.
3. **Prepare the vegetables:**
   - Shred the lettuce.
   - Julienne the carrots, zucchini, and cucumber.
   - Chop the cilantro and mint leaves.
4. Grill or pan fry:
   - Zucchini: see digital version of recipe for link, or you can air fry.
   - Tofu: pan fried or grilled (below)
     1. Mix 1 tablespoon canola oil and 2 tablespoons tamari together in a container for marinade.
     2. Cut tofu in strips.
     3. Add tofu, making sure all pieces are marinated.
     4. Let sit in the refrigerator for 4 hours to a couple days.
     5. Turn on your grill or stovetop: oil the pan, and when hot, cook about 4 minutes per side, until medium brown.
     6. Remove from heat.
5. **Assemble the salad:**
   In a large mixing bowl or individual serving bowls, layer a bed of lettuce. Add a handful of noodles, then top with tofu, carrots, cucumber, zucchini, and herbs.
6. **Dress and serve:**
   Drizzle generously with the ginger soy vinaigrette just before serving. Toss lightly to combine or serve the dressing on the side for guests to add as they like.

Stay tuned to our Instagram and Facebook pages for what we'll be cooking next!