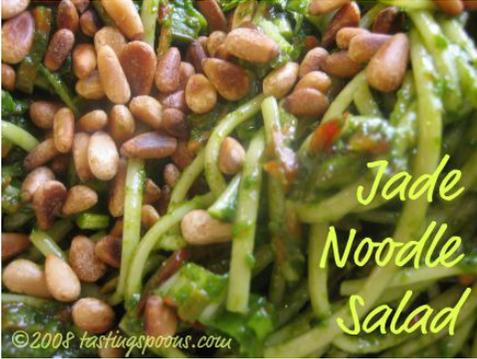


Asian Noodle Salad with Jade Sauce

Author: Adapted from Hugh Carpenter's book, *Pacific Flavors*

Carolyn T's
Internet
Cookbook

Servings: 8



1/2 pound spaghetti, thin type, if possible, or Chinese noodles

1 tablespoon peanut oil

2 medium carrots, shredded

1 whole red bell pepper, shredded

1/2 cup pine nuts, toasted

JADE SAUCE:

2 cloves garlic

2 teaspoons salt

1 pound fresh spinach, stemmed and cleaned

2 bunches chives, chopped

1/4 cup basil leaves

1/4 cup cilantro

1/3 cup chicken stock

2/3 cup heavy cream

1/4 teaspoon Chinese chili sauce

2 tablespoons sesame oil, dark, toasted

Freshly ground black pepper, to taste

1/4 cup cilantro, for garnish

Serving Ideas: This can also be made as a hot side dish if you prefer. Just heat the sauce and noodles together until heated through, then garnish with the nuts and cilantro.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 299 Calories; 18g Fat (51.3% calories from fat); 9g Protein; 29g Carbohydrate; 4g Dietary Fiber; 27mg Cholesterol; 688mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 Fat.

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Description: A cold noodle salad with a pureed spinach sauce complemented with some Asian flavors.

1. Bring at least 4 quarts of water to a boil and add the noodles. Cook until they are al dente - still a little bit of firmness - about 5 minutes. Drain and rinse in cool water, then set aside. Add the bell pepper and carrots to the noodles and refrigerate until ready to serve.

2. In the food processor drop the garlic cloves and salt down the feed tube and allow this mixture to sit for a few minutes while you gather the other ingredients.

3. Add the spinach, chives, cilantro and basil, sesame oil and puree until smooth. Then add the chicken stock, cream, salt and chili sauce. Puree again.

4. When ready to serve pour the sauce over the noodles. Add more salt and pepper if needed, then garnish with pine nuts and additional sprigs of cilantro.