



Pho King Salad

Serving:

4-5

Type:

vegan

Author:

Hannah Kaminsky; Real Food, Really Fast

Notes:

When you're craving cold noodles but want the bold, distinctive flavors of Vietnamese pho, don't just settle for any limp tangle of boring rice threads; make a pho king salad. True to its name, this dish rules all other noodle salads like a boss and makes no excuses for its audacious swagger. Spike it with sriracha if you want to bring the heat without raising the temperature in the kitchen, or keep it more tame to enjoy the savory essence of hoisin and five-spice mingling amongst a forest of fresh vegetables. Perfect for those hot days when a bubbling cauldron of soup fails to appeal, there's no long-simmered stock that needs tending, so you can chill out at the dinner table instead of slaving over a hot stove.

Ingredients:

Pho-Flavored Dressing:

¼ Cup Peanut or Avocado Oil

2 Tablespoons Hoisin Sauce

2 Tablespoons Lime Juice

1 Tablespoon Rice Vinegar

2 Teaspoons Coconut Sugar or Dark Brown Sugar, Firmly Packed

1 Clove Garlic, Finely Minced

¾ Teaspoon Salt

½ Teaspoon Five-Spice Powder

Rice Noodle Salad:

6.75 Ounces Thin Rice Noodles

⅓ Cup Sliced Fresh or Dried and Rehydrated Shiitake Mushrooms

½ Cup Thinly Sliced Red Onion

½ Cup Shredded Carrots

8-Ounces Fried or Baked Tofu, Thinly Sliced

1½ Cups Mung Bean or Soybean Sprouts

1½ Cups Fresh Cilantro

½ Cup Thai or Italian Basil

Sriracha, to Taste (Optional)

Directions:

Whisk all the ingredients for the dressing together in a small bowl, stirring until thoroughly combined. Set aside.

For the salad itself, break or cut the noodles in half because they tend to be very long. They cook almost instantly, so the key is to simply soften them rather than boil them to death. Drop them into a large pot of simmering water, use tongs to submerge and lightly stir, and cook for no more than 1 to 2 minutes. Drain and immediately rinse under cold water to stop them from becoming overcooked and mushy. They should be tender but al dente, like good angel-hair pasta. Let the noodles drain very well so as not to water down the dressing.

Transfer the drained noodles into a large bowl. Add in all of the vegetables, tofu, sprouts, herbs, and dressing, and toss everything together. It can be a bit tricky to combine since the noodles will want to stick together at first, so don't be afraid to get in there with your hands to break up the party. Once all the goodies are thoroughly distributed throughout the mixture, add sriracha to taste, and enjoy.

Tips:

Veg out to add more nutrition, fresh flavors, and heartier servings. Double up on the carrots and incorporate 1 cup julienned or thinly sliced seedless cucumbers, 1 1/2 cups shredded cabbage, and 1 cup thinly sliced red bell peppers to satisfy serious veggie lovers.