



SOMEN SALAD

Number of servings: 6

Ingredients:

- 1 (9-ounce) package somen noodles
- 1 head romaine lettuce
- 1 medium carrot
- 1 (6 ½-ounce) block fish cake
- Optional: 1 cup leftover meat, imitation crab, OR char siu
- ¼ cup green onion

Dressing:

- | | |
|------------------------------|---------------------|
| 1 teaspoon salt | 2 tablespoons water |
| ¼ cup sesame oil | ⅓ cup sugar |
| ¼ cup less sodium soy sauce | ½ cup vinegar |
| Optional: ¼ cup sesame seeds | |

Directions:

1. In a medium pot, COOK somen noodles, DRAIN and SET aside.
2. SHRED the lettuce.
3. GRATE the carrot.
4. SLICE the fish cake and optional items: meat, crab, or char siu.
5. Optional: CUT green onion into 1 inch lengths.
6. In a large platter or bowl, LAYER somen, lettuce, carrot, fishcake, and optional items: meat, crab, char siu, and green onions.
7. COVER and REFRIGERATE until ready to SERVE.
8. In a jar, MIX dressing ingredients: salt, sesame oil, soy sauce, water, sugar, vinegar, and optional: sesame seeds.
9. Just before serving, SHAKE and POUR dressing over salad.

Variations:

Soba noodles may be used.
Other vegetables may be used.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



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