

Beyond Meat Noodle Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF ANDREW URBANETTI

Servings: 8 Serving Size: 1 Cup

Ingredients	Quantity	Measure
Rice noodles	1	Package
Sesame oil	2	Tablespoons
Rice vinegar, divided	1	Cup
Sweet chili sauce	½	Cup
Shiitake mushrooms, sliced	1	Cup
Beyond Meat	1	Pound
Gochujang – Korean Chili Paste	1/3	Cup
Carrots, shredded	1	Cup
Bean sprouts	½	Cup
Thai basil, chopped	2	Tablespoons
Cilantro, chopped	2	Tablespoons
Scallions, chopped	½	Cup
Limes, cut to wedges	2	Each
Canola oil	1	Tablespoon

Preparation

1. Boil noodles in salted water until tender.
2. While noodles are cooking, whisk together sesame oil, 1/2 cup rice vinegar, and sweet chili sauce.
3. Remove noodles and cool slightly; add sauce and toss to coat evenly. Set aside.
4. In a saucepan over medium heat, cook mushrooms, adding oil as needed. When browned and tender, add 1/4 cup rice vinegar; cook until tight. Remove and cool.
5. Mix beyond meat with remaining rice vinegar and gochujang; roll into meatballs and place in oven until cooked through.
6. Mix noodles with Thai basil, cilantro, scallions, carrots, and bean sprouts.
7. Place in bowl and top with mushrooms and meatballs. Garnish with lime wedges and serve.

Nutrition Information *From USDA Nutrient Database

Calories: 445 Total Fat: 9g Saturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Sodium: 1870mg Carbohydrate: 75g Fiber: 3g Sugar: 24g Protein: 17g