

Ginger Kelp Noodles

I love kelp noodles they are filling, full of nutrients and require no cooking to make. Try this salad out you will love it.

Prep:
10 minutes

Cook:
0 minutes

Ready In:
10 minutes

Servings:
1



Noodle Softener

- 1 tsp baking soda
- 1 lemon, juiced

Dressing

- 1 tsp sesame oil
- 2 tbsp maple syrup
- 1 tbsp soy sauce
- 1 tbsp miso paste
- 1 tbsp ginger, peeled and minced
- 1 clove garlic, minced
- 1 lime, juiced

Salad

- 1 package kelp noodles
- 1 cucumber, chopped
- 1 carrot, shredded
- 1/4 c cilantro, chopped
- 2 green onions, chopped
- 1 tbsp sesame seeds

Instructions

- 1 Empty your kelp noodles into a large bowl and cover with water. Add in your baking soda and lemon juice and mix around the noodles, it will start to foam and bubble. Let this mixture sit about 3 minutes then drain and rinse the noodles very well and place in a bowl with dry towels to soak up any moisture (this helps the noodles soak up the sauce better).
- 2 In a bowl combine all of your dressing ingredients and whisk together.
- 3 Place noodles in a bowl, toss with the dressing and then add to the rest of your salad ingredients. Feel free to add whatever you like to this, its really great with marinated tofu!