

# Miso Spring Green & Noodle Salad

Swick

Makes 12 cups | Active Time: 30 minutes | Total Time:

## Chef's Notes

Suggested adult serving: 4 cups

Store any leftover salad in an airtight container in the refrigerator for up to 3 days.

### RECIPE TIPS

**Mirin:** Mirin is a Japanese condiment similar to sake, but with lower alcohol content. Mirin can be substituted for sake, and can be found in the world cuisine section of your grocery store.

**Pure Maple Syrup:** Maple syrup is boiled down sap from the maple tree. Make sure to purchase "pure maple syrup" (not "pancake syrup," "table syrup," or "maple-flavored syrup," or even just "maple syrup," as they contain artificial maple flavor and cane sugar or corn syrup).

**Spring Greens:** Spring greens include spinach, arugula, baby chard, and/or baby kale.

## Step 1: Make Salad Fixings

- 1 1/2 (10-oz) packages frozen shelled edamame
  - 3 oz brown rice noodles
  - 3 tablespoons apple cider vinegar
  - 2 1/4 tablespoons mellow white miso
  - 1 1/2 tablespoons whole-grain mustard
  - 1 1/2 tablespoons mirin
  - 1 tablespoon pure maple syrup
  - 1/3 teaspoon crushed red pepper flakes
  - 6 cups fresh spring greens
  - 1 1/2 cups red cabbage thinly sliced (≈4 1/2 oz)
  - 1 1/2 carrots spiralized
  - 3/4 cup English cucumber bias-sliced (≈3 oz)
  - 1 1/2 oranges peeled & segmented
  - 3/4 lime cut into wedges
- Bring a pot of water to boil.
- COOK EDAMAME**  
Cook edamame in boiling water for 3 minutes; drain.
- COOK NOODLES**  
Cook brown rice noodles according to package instructions. Rinse under cold water and drain noodles well.
- PREPARE MISO DRESSING**  
In a large bowl, whisk together 3 tablespoons water, vinegar, miso, mustard, mirin, maple syrup, and crushed red pepper.
- MAKE SALAD**  
Add cooled noodles, edamame, mixed greens, cabbage, carrots, cucumbers, and oranges to dressing. Toss to combine.
- Serve with lime wedges.