



## Coconut-Mango Rice Noodle Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



597 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 teaspoons up agave nectar
- ☐ 1 medium carrots grated
- ☐ 1 cup cashew pieces whole lightly toasted chopped
- ☐ 1 small cucumber diced peeled (6-inch) ( if the skin is bitter)
- ☐ 10 mint leaves fresh cut into thin strips
- ☐ 0.3 teaspoon garlic minced crushed
- ☐ 0.3 pound slender green beans trimmed halved
- ☐ 2 tablespoons juice of lime fresh

- ☐ 0.8 cup coconut milk reduced-fat (half a 14- to 15-ounce can)
- ☐ 1 mangos sweet pitted ripe peeled cut into 1/2-inch dice,
- ☐ 0.5 cup pickled onions red
- ☐ 2 tablespoons vegetable oil; peanut oil preferred
- ☐ 4 ounces medium-thin rice noodles
- ☐ 0.5 teaspoon salt
- ☐ 3 cups water

## Equipment

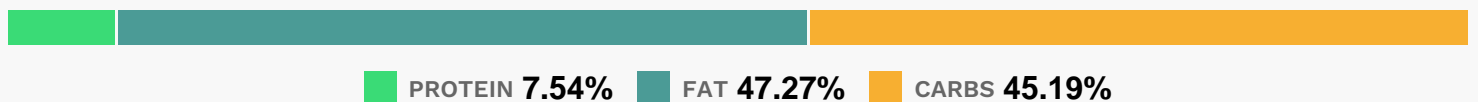
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ stove
- ☐ kitchen timer
- ☐ tongs
- ☐ colander
- ☐ skimmer

## Directions

- ☐ Combine the lime juice, garlic, agave or sugar, and salt in a large bowl and whisk to blend. Keep whisking as you drizzle in the oil until it is completely incorporated; set aside.
- ☐ Place a colander on a plate next to the stove and have a pair of tongs or a spider skimmer handy.
- ☐ Combine the coconut milk and water in a medium saucepan and bring to a boil.
- ☐ Add the noodles and cook for exactly 3 minutes (best to use a timer). Use the skimmer or tongs to lift them out (leaving the pot on the heat) and transfer them to the colander. (They will be noticeably al dente.) Shake the colander over the plate to drain and dry the noodles, then transfer them directly to the marinade in the bowl. Turn and lift with tongs and/or a fork to get them coated.

- ☐ Return the colander to the plate (emptied of any water) near the stove.
- ☐ Add the green beans to the simmering water–coconut milk mixture. Cook them for about 5 minutes, or until just tender. Use the skimmer or tongs to lift them into the colander to drain. You can save the coconut broth to make a little soup snack for yourself.
- ☐ Add the green beans (it's OK if they're still hot) along with the Pickled Red Onions to the noodle mixture, mixing gently until combined. (Use a fork to grab the onions, leaving their liquid behind.)
- ☐ Let the salad cool to room temperature, then add the cucumber and carrot. Cover and chill until serving time; the optimal marinating–chilling time is about 2 hours.
- ☐ Stir in the mango, mint, and most of the cashews shortly before serving.
- ☐ Serve topped with the remaining cashews and any combination of the Enhancements.
- ☐ Optional Enhancements
- ☐ Minced jalapeño scattered through \* Touch of lime zest mixed in to give it more zing \* Lime wedges \* Toasted unsweetened coconut on top \* Minced fresh basil (regular or Thai) and/or cilantro on top \* Chili paste or Sriracha on the side
- ☐ Little Soup Snack
- ☐ Don't discard any leftover coconut–graced cooking liquid. Instead, make it into a cook's snack by adding tiny touches of lime juice, sugar, salt, and garlic, and a torn basil leaf. Sip happily while finishing the recipe.
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## Nutrition Facts



## Properties

Glycemic Index:104.93, Glycemic Load:28.3, Inflammation Score:-10, Nutrition Score:26.769565416419%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 1.25mg,

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Nutrients (% of daily need)

Calories: 597.44kcal (29.87%), Fat: 32.32g (49.72%), Saturated Fat: 8.43g (52.71%), Carbohydrates: 69.52g (23.17%), Net Carbohydrates: 63.32g (23.03%), Sugar: 18.9g (21%), Cholesterol: 0mg (0%), Sodium: 536.3mg (23.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.6g (23.2%), Vitamin A: 4676.3IU (93.53%), Manganese: 1.2mg (60.02%), Copper: 1.19mg (59.73%), Vitamin C: 41.04mg (49.75%), Vitamin K: 46.69µg (44.47%), Magnesium: 166.96mg (41.74%), Phosphorus: 371.79mg (37.18%), Fiber: 6.2g (24.79%), Iron: 4.19mg (23.28%), Vitamin B6: 0.44mg (22.2%), Selenium: 15.29µg (21.84%), Zinc: 3.21mg (21.37%), Potassium: 724.91mg (20.71%), Vitamin B1: 0.31mg (20.4%), Folate: 80.3µg (20.07%), Vitamin E: 2.89mg (19.27%), Vitamin B2: 0.16mg (9.31%), Vitamin B5: 0.88mg (8.8%), Calcium: 86.49mg (8.65%), Vitamin B3: 1.72mg (8.59%)