

Glass Noodle Salad with Ginger-Soy Grilled Shrimp

Serves 6

INGREDIENTS

For the Salad:

100g bean thread vermicelli noodles
3 scallions, thinly sliced on a bias
1 cup cilantro, finely chopped
¼ cup mint, chiffonade
2 cups napa cabbage, thinly sliced
½ red pepper, thinly sliced
½ cup bean sprouts, blanched
½ cup edamame, blanched
½ red onion, thinly sliced on a mandoline

1 tbsp white sesame seeds, toasted
1 tbsp black sesame seeds, toasted

Dressing:

3 Tbsp tamari
2 Tbsp fresh lime juice
2 Tbsp maple syrup
1 Tbsp fresh ginger grated on a microplane
2 garlic cloves, minced
1/3 cup sesame oil
1 Thai chili, sliced (seeds removed)

For the Shrimp:

1 large shallot, peeled and chopped
1 (2-inch) piece fresh ginger, peeled and chopped
4 cloves garlic, smashed
½ cup tamari
¼ cup fresh lime juice
1 tbsp sugar
¼ cup chopped green onions
1 tbsp peanut oil, or any neutral vegetable oil
1/4 tsp ground black pepper
1 lb large shrimp, peeled and deveined

Cashew Crumble:

¾ cup unsalted roasted cashew nuts
toasted and roughly chopped
Zest from 1 lime
2 tsp lime juice
3/4 tsp sugar
Kosher salt to taste

METHOD

For the Glass Noodles Salad:

Soak glass noodles in boiling water for 7-10 minutes until they become transparent and soften. Drain, squeezing out excess water and when cool enough to handle, loosen the tangle of noodles.

Bring a medium sized pot of salted water to a boil. Blanch the bean sprouts for 45 seconds. Place in an ice bath to cool and halt cooking. Repeat process with the edamame. Once vegetables are completely cooled, transfer to a paper towel lined sheet tray.

Rinse the thinly sliced onions and then leave it to soak in iced water for 10 minutes. Drain thoroughly, spread out on a paper towel or a clean kitchen towel to remove any excess water and then place in the fridge until needed. This will reduce the strength of the onion and help to keep the slices crisp.

For the Dressing:

In a small bowl, whisk the tamari, lime juice, maple syrup, ginger and garlic until combined. Slowly add the sesame oil in a steady stream, while whisking vigorously to emulsify. Stir in the chili sliced and adjust seasoning if necessary.

Grilled Shrimp:

Place shallots, ginger, garlic, soy, lime juice, and sugar in a blender and blend until smooth. Add the green onion and oil and blend until combined. Season with black pepper, to taste. Place shrimp in a large bowl, pour the marinade over, and let marinate at room temperature for 20 minutes.

Preheat a grill over high heat. Remove shrimp from the marinade and grill for 1 1/2 to 2 minutes per side.

For the Cashew Crumble:

In a small bowl, stir in the lime juice and zest with the sugar until it has dissolved. Pour mixture over toasted cashews and stir to combine. Add salt to taste.

Assembly:

In a large bowl, toss the glass noodles with half of the dressing. Make sure noodles are fully coated.

Add scallions, cilantro, cabbage, red pepper, bean sprouts, edamame and red onions. Using tongs, toss to combine and add more dressing as needed.

Divide salad between 6 bowls, sprinkle toasted sesame seeds, top salad with the grilled shrimp and a generous sprinkle of the cashew crumble.