

Asian noodle salad

Tender noodles combined with fresh ingredients and coated in a fine sesame dressing. This makes the noodle salad a real treat for lovers of Asian cuisine.

Zutaten
4 Portionen

250 g Byodo Spirelli, chickpea
2 Carrots
2 Mini cucumbers
1 Paprika, red
50 g Soy sprouts
Coriander, fresh
1 Pepperoni
1 Spring onion
50 g Peanuts, salted
Byodo frying oil with sesame oil
Sesame dressing
150 g Byodo Vegan Mayo
1 EL Byodo Frying Oil Exquisite
3 EL Sesame seed
1 EL Soy sauce
1 TL Byodo Condimento Bianco
Byodo sea salt, fine
Pepper
Lime juice

Zubereitung

To make the dressing, toast the sesame seeds in a pan and then grind them using a blender or mortar. Place the mayo, frying oil with sesame oil, soy sauce, vinegar and sesame seeds in a bowl and mix everything together. Season to taste with salt, pepper and a squeeze of lime juice.

Cook the spirelli in salted water according to the instructions on the packet until al dente. Drain the pasta, rinse briefly with cold water and drizzle with a little frying oil, then stir to distribute. Finely slice the carrots, cucumber and bell pepper.

Clean the bean sprouts and pluck the coriander leaves from the stalks. Slice the peppers and spring onion into rings. Mix the vegetables with the noodles and sesame dressing. Sprinkle with coriander leaves and peanuts. For extra freshness, add a squeeze of lime juice to the pasta salad.



The following are also suitable for a protein-rich diet **Fusilli, Protein PLUS** are also ideal for Asian pasta salads. With 20% protein content, they still taste like pasta should – perfect for anyone who loves pasta.