



## Deconstructed Vietnamese Salad

*Serves 3*

### Dressing Ingredients

- 3 tablespoons fresh squeezed lime juice
- 2 tablespoons fish sauce (I like Red Boat brand)
- 2 tablespoons brown sugar
- ¼ cup water (room temperature)
- 2 cloves garlic, minced by hand

### Salad Ingredients

- 4 ounces vermicelli rice noodles, see directions below
- 2 cups mixed greens (or thinly sliced napa cabbage)
- ½ cup shredded cucumbers
- ½ cup shredded carrots
- ¼ cup sliced red bell peppers
- 3 Tbsp each fresh mint, basil and cilantro leaves (whole leaves picked off the stem, not chopped. I do tear the basil pieces so they match the mint and cilantro leaf size.)
- 6-8 ounces shredded cooked chicken, shrimp, sliced cooked steak, or marinated tofu, sliced
- ¼ cup roasted peanuts to garnish if you wish (I do!)

### Instructions

In a small jar shake together lime juice, fish sauce, sugar, water and garlic Set aside.

Cook noodles according to package directions; drain and cool. Set aside. Note: to cook them I covered mine in a large bowl with boiling water until they became barely soft (about three minutes) and then rinsed with cold water and dried by shaking the strainer. I then mixed in a teaspoon of olive oil so they wouldn't stick together in the fridge.

Mix your cabbage or lettuce with the shredded and sliced vegetables. Note about the cucumbers - I peel mine then shred and dry them well by squeezing them in a paper towel so they don't make the salad soggy. I make thin slices with this peeler - made by Titan - which I HIGHLY recommend. I also use this for the carrots.

When you are ready to eat: Divide the salad greens and cooked noodles between three bowls. Arrange chicken, steak, pork or tofu, cucumbers, carrots and red pepper slices on top. Garnish with the fresh herb leaves, peanuts and lime wedges. Drizzle to taste with sauce and serve immediately. Eat. Repeat.