

Rice noodle and edamame salad (gluten free)

Search:

- [Asian](#)
- [Dinner](#)
- [Salad](#)
- [Vegetables](#)
- [Recipes](#)

Rice noodle and edamame salad (gluten free)

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)

Rice noodle and edamame salad (gluten free)



Rate this recipe

0 people are cooking this [Count me in](#)

Looking for gluten free recipes? We love this rice noodle & edamame salad.

Ingredients (serves 5)

- 350 g shelled edamame
- 230 g thin rice [noodles](#) or rice sticks
- 1 cup arame or dulce seaweed (Asian food grocers)
- $\frac{3}{4}$ cup rice vinegar
- 2 tbsp olive oil
- 2 tbsp sugar
- $\frac{1}{2}$ tsp salt
- 1 cup shredded [carrot](#)
- 1 medium red capsicum, thinly sliced
- $\frac{1}{3}$ cup thinly sliced red onion
- $\frac{1}{4}$ cup chopped fresh coriander
- $\frac{1}{2}$ cup lightly salted peanuts, chopped, divided

Method

Cook edamame in a pot of boiling water until tender. Drain and rinse with cold water. Soften or cook noodles according to package directions. Drain, transfer to a work surface and chop twice. If using arame, cook according to package directions 'for salads'; if using dulce, snip into bite-size pieces, but do not cook.

Rice noodle and edamame salad (gluten free)

Whisk vinegar, oil, sugar and salt in a large bowl. Add the edamame, rice noodles, seaweed, carrot, capsicum, onion, coriander and quarter-cup of peanuts; toss well to combine. Serve sprinkled with the remaining peanuts.

[Browse more Asian style recipes >>](#)

```
function displayNutrition(msg) { $('.nutrition-label-container').text(msg); $('.nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('.result').html(data); alert('This recipe was added to your favorites list'); }); }
```