



Serves 4

Preparation Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS:

1 pound brown rice noodles,
cooked according to package
directions, drained, and rinsed
until cool

2 ½ cups chopped cabbage
kimchi (vegetarian variety)

3 to 4 tablespoons gochujang

1 cup mung bean sprouts

4 green onions (white and green
parts), thinly sliced

1 medium cucumber, halved,
seeded and thinly sliced

2 tablespoons sesame seeds,
toasted

Kimchi Noodle Salad

Kimchi is a fermented condiment made from any number of vegetables. In this recipe, I like to use a very spicy cabbage kimchi, and I recommend you do, too. Taste your kimchi first and use less of it if you want a milder salad, and certainly feel free to add more if you want to give the dish more kick. Kimchi is often made with shellfish or other animal ingredients, so be sure to look for a vegan brand for this recipe. Both kimchi and gochujang (Korean chile paste) are available in the Asian section of grocery stores or online.

From *Forks Over Knives - The Cookbook*

Find this no-cook recipe and more 30-minute meals in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1 Place the rice noodles, kimchi, gochujang, and mung bean sprouts in a large bowl and mix well.
- 2 To serve, divide the mixture between four individual plates and garnish each with the green onions, cucumber slices, and sesame seeds.