



Garden Hearts® Spicy Asian Noodle Salad

Yield: 8 servings

INGREDIENTS

- 4 Garden Hearts® Petite Romaine Hearts**
- 3 cups Chinese long beans, cooked and cut diagonally into 2-inch pieces
- 1 pound young carrots, peeled, cooked, cut diagonally into 2-inch pieces
- 1 cup green onion, cut diagonally including the green
- 1 1-inch piece fresh ginger root, peeled and finely chopped
- 12 ounces of firm tofu, cubed and browned in olive oil
- 1/2 teaspoon fresh jalapeño pepper, minced
- 1/2 cup fresh cilantro, coarsely chopped
- 1 pound Chinese egg noodles, cooked and well drained
- 4 tablespoons olive oil
- 2 tablespoons dark sesame oil
- 2 cloves garlic, finely sliced
- 3 tablespoons toasted sesame seeds
- Salt to taste

INGREDIENTS (continued)

- 6 tablespoons soy sauce
- 1 tablespoon bean sauce
- 1/4 teaspoon freshly ground black pepper
- 4 tablespoons olive oil
- 2 tablespoons dark sesame oil
- 2 cloves garlic, finely sliced
- 6 tablespoons soy sauce
- 1 tablespoon bean sauce
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons toasted sesame seeds
- Salt to taste

METHOD

1. Cut one inch from the base of the Garden Hearts® and separate into individual leaves. Rinse under cold, running water. Pat gently dry with paper towels, wrap in clean cloth or paper towel, and refrigerate for 30 minutes.
2. Prepare long beans, carrots, green onion, ginger, tofu, jalapeño, cilantro, and noodles as specified and set aside.
3. In a wok, heat the oils, add garlic and fry for 30 seconds. Quickly add vegetables, noodles, soy sauce, bean sauce, pepper and ginger and stir well. In a hot wok this will only take a minute.
4. As soon as all ingredients are well tossed, pour mixture into an extra large salad bowl or onto a cookie sheet to cool.
5. Once at room temperature, sprinkle mixture with the tofu, jalapeno, cilantro and sesame seeds; toss lightly.
6. Arrange the Garden Hearts® leaves on serving dish and top with Asian noodle salad.



Recipe by: **Beat Giger, CEC, AAC, Corporate Chef**
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Chef's Comment: *"The crisp Garden Hearts® and interesting Asian flavors make this a very enjoyable dish."*



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