

TO VEGETABLES
with love

Lime turmeric rice noodles salad with asparagus

© Hetty Lui McKinnon for To Vegetables, With Love

One lime is fine but I've given you the option to use two for 'squeezing over' just in case you want it more citrusy. Feel free to prep ahead and 'freshen' it up with a drizzle of olive oil to loosen up the noodles (rice noodles tend to stick and clump when left to sit).

Serves 4

400g (14-ounces) thick rice noodles
3 teaspoons (1 US tablespoon) ground turmeric
450g (1 pound / 1 bunch) asparagus, woody ends removed and cut into 5cm (2-inch) pieces
extra virgin olive oil
225g (8-ounces) baked tofu (pre-baked tofu), sliced
2 scallions, thinly sliced
Big handful of Asian herbs such as coriander (cilantro), Thai basil, Vietnamese mint (rau răm), roughly chopped
2 limes, halved
50g (1/3 cup) toasted almonds or peanuts, roughly chopped

Lime-maple dressing

1 lime, juiced (2-3 tablespoons)
2 tablespoons maple syrup (or brown sugar)
2 tablespoons tamari or soy sauce
1 tablespoon sesame oil
1 clove garlic, finely grated
1/2 - 1 red or green chili (pepper), sliced (to your liking)
sea salt and black pepper

Bring a large pot of salted water to the boil. Add the rice noodles and turmeric and cook according to packet instructions until the noodles are al dente. Drain and run under cold water, tossing to cool them down. Drain again.

Meanwhile to make the dressing, place the lime juice, maple syrup, tamari or soy sauce, sesame oil, garlic and chilli (pepper) into a bowl and whisk to combine. Season with sea salt and black pepper. The dressing should be tangy sweet, salty, and spicy.

Heat a large fry pan (skillet) on medium high heat. When hot, add a drizzle of olive oil along with the asparagus. Season with salt and pepper and cook, tossing often, until the asparagus are crisp-tender, bright green and slightly charred, 3-4 minutes.

Place the noodles into a large bowl and add the tofu, asparagus and the dressing. Toss to combine. Add most of the herbs (keeping some aside for topping) and toss. Taste and season with salt and pepper.

Top with remaining herbs and the nuts, and serve with lime wedges on the side.