

## **Purple Carrot & Arame Noodle Jumble with Ginger Peanut Sauce**



*This fresh take on picnic-worthy carrot salad features bright, bold colours and light, zingy flavours that are loaded with health-boosting goodness. Not only are carrots a rich source of carotenoids, known for their benefits for eyes, heart, and prostate, but the deeper-hued purple ones also boast anthocyanins, great inflammation-busters and additional cardiovascular support. Arame is a sea vegetable typically dried such that when reconstituted it has almost noodle-like form, making it a mineral-rich addition to the noodle base of this salad. Jumble it all up with pea shoots, sesame seeds, and a light peanut sauce and you're set for healthy summer picnics, barbecues, potlucks, and bag lunches.*

### **Ingredients**

- 1/2 package bean-based spaghetti (such as Explore Asian adzuki), buckwheat soba noodles, OR 1 package shirataki or kelp noodles
- 1/2 cup dried arame seaweed
- 2 purple carrots
- 2 orange carrots
- 2 Tbsp. natural peanut butter, almond butter, or cashew butter
- 2 Tbsp. raw apple cider vinegar
- 1 Tbsp. sesame oil
- 1/8 tsp. cayenne pepper
- 1/2 tsp. ground ginger
- Pinch sea salt, to taste
- 1/2 cup coconut milk (canned, lite or full-fat)
- 1 cup loosely packed and coarsely chopped pea shoots, broccoli sprouts, or other microgreens
- 2 Tbsp. black sesame seeds
- 1/2 cup raw or lightly salted cashews, almonds, or peanuts

### **Directions**

Prepare noodles according to package directions. Drain and set aside, allowing to cool (if cooked).

In a small bowl, reconstitute the arame by covering with water. Set aside for about 15 minutes or until soft. Drain and set aside.

*Save time by following the next steps while noodles are cooking and arame is soaking.*

Grate the carrots into a large salad bowl. Add the pea shoots/sprouts.



Prepare the dressing: in a food processor, blender, or dish, mix together the peanut butter, vinegar, and oil until smooth. Add the spices and coconut milk and mix until smooth.

Add the (cooked) noodles and arame to the salad bowl. Pour in the dressing and toss well with salad tongs or forks to coat. Add the sesame seeds and continue tossing.

Divide salad into bowls and garnish with cashews as desired, or add the cashews to the salad bowl. Serve, or chill for a few hours prior to serving. Makes 4 large meal-size servings or up to 8 side servings. Store in Pyrex containers or mason jars.