



## ASIAN-STYLE NOODLES WITH GINGERY CALIFORNIA PRUNES SAUCE

by Peter Sidwell

This tasty yet healthy recipe from Jackie Newgent RDN CDN has been given a makeover by California Prunes chef ambassador Peter Sidwell. It's a quick and easy dish to prepare and the California Prunes add a rich sweetness that complements the tanginess of the ginger. Great for a fast family dinner, or to share with friends.

**Prep Time:** 15 minutes  
**Cook Time:** 10 minutes  
**Serves:** 4

**Ingredients:** 12 California Prunes  
1/3 cup rice vinegar  
2½ tbsp tamari (soy sauce)  
2 tsp grated ginger root  
1 tsp natural sriracha or other hot sauce  
340g dry noodles e.g. whole-wheat spaghetti  
1 tbsp toasted sesame oil  
2 tsp toasted sesame seeds  
2 cups extra-thinly sliced veg e.g. red bell pepper, cucumber, carrots and spring onion  
¼ cup fresh coriander leaves



- Here's How:**
1. Add the California Prunes, vinegar, tamari, ginger, and sriracha to a blender. Cover and purée on high speed, about 3 minutes. Set aside.
  2. In a large saucepan, bring 12 cups of cold water to a boil over high heat. Add the spaghetti and cook according to package directions. (Note: Cooking time will vary.) Drain the spaghetti using a large strainer. Quickly rinse the noodles with cold water (or toss with several ice cubes) to cool, and drain well.
  3. Transfer the noodles to a large mixing bowl. Add the sesame oil and toss with tongs to combine. Add the gingery-prune sauce and toss to combine. Add the veggies and toss to combine.
  4. Transfer to bowls, sprinkle with the sesame seeds and coriander, and serve.

**Link to Website:** <https://www.californiaprunes.net/recipes/asian-style-noodles-with-gingery-prune-sauce/>