

Vietnamese | Vegetable Bun Chay

(Vietnamese Noodle Salad)

35 MINUTES | SERVES 4



NOURISH
BY STANFORD CARE



Vietnamese Noodle Salad, also known as vegetarian Bun Thit Nuong, is a refreshing and vibrant dish that hails from Vietnam. It combines a harmonious blend of flavors and textures, making it a delightful culinary experience. Vietnamese cuisine celebrates the abundant use of fresh and vibrant vegetables, such as cucumbers, which play an integral role in adding crunchiness, a burst of color and freshness to their dishes.



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INGREDIENTS

For Dressing:

- 2 fl oz water
- 1½ fl oz lime juice
- 0.4 oz low sodium fish sauce
- 6 tsp unpacked sugar
- 1 clove garlic
- 1 tsp ginger
- ½ tsp sriracha

For Salad:

- 6 oz rice noodles
- 2 cups napa cabbage, thinly sliced
- 1 cup julienned bell peppers
- 8 oz silken tofu, lite firm
- 8 oz bean sprouts
- 26g English cucumber, halved lengthwise and cut into thin slices
- 2 green onions, thinly sliced
- ¼ tbsp fresh mint, chopped
- ¼ tbsp fresh cilantro, chopped
- ¼ tbsp fresh basil, chopped

INSTRUCTIONS

1. Whisk water, lime juice, fish sauce, brown sugar, garlic, ginger, and Sriracha together in a bowl until the sugar is dissolved.
2. Bring a large pot of water to a full boil; remove from heat and soak rice noodles in the hot water for 1 minute.
3. Stir to separate the noodles and continue soaking for about 3 minutes more until the noodles are tender. Drain noodles and rinse with cold water until cooled.
4. Shake noodles in a colander to drain as much water as possible.
5. Mix noodles, cabbage, tofu, bean sprouts, cucumber slices, green onions, mint, cilantro, and basil together in a large bowl.
6. Drizzle the dressing over the salad and toss to coat.

This recipe is kitchen-tested by Chef Irfan Dama and nutritionally approved by Stanford CARE registered dietitian, Lily Phan.