

Making it delicious

Unicorn Noodles



Ingredients

- Purple cabbage
- Rice noodles (vermicelli)
- Lime or lemon juice
- Baking soda
- Water

Topping suggestions:

Cucumbers, avocado, shredded carrot, peppers, edamame, seasoned meat or tofu, herbs

Special Noodle Bowl Sauce:

- 2 Tbsp. soy sauce
- 2 Tbsp. lime juice
- 2 Tbsp. rice vinegar
- 2 Tbsp. sugar or honey
- 1 tsp. sesame oil
- 2-4 garlic cloves, minced (or ½ tsp. garlic powder)



Instructions

- Wash the cabbage, remove the outer tough leaves, then cut the cabbage in half. Set one half aside (you'll only need one half for this recipe), and cut it into quarters.
- In a pot, add 6 cups of water and add the cabbage.
- Bring to a boil, and cook for 10-15 minutes, until the water is deep purple*.
- Carefully remove the cooked cabbage with tongs or a slotted spoon.
- Add the rice noodles and cook for 4-5 minutes, or until soft.
- Drain the noodles (or remove them from the pot with tongs) and set aside in a bowl. They should be purple.
- In a small cup or bowl, add ¼ tsp. of baking soda into ¼ cup of water and stir to dissolve.
- Squeeze or drip some lime or lemon juice onto part of the noodles to turn them pink.
- Drip some of the baking soda water onto another part of the noodles to turn them blue.
- Enjoy with a variety of toppings and your favorite noodle sauce!

*The purple in the cabbage is from anthocyanins, which are natural pigments sensitive to pH. They turn pink in reaction to acids and blue in reaction to bases.

Noodle recipe adapted from www.happykidskitchen.com

Sauce recipe adapted from www.loveandlemons.com/vegan-poke-bowl/

SERVINGS: 6 | PREP TIME: 15 MIN

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