

# Vietnamese-Inspired Rice Noodle Bowls

## Ingredients

### Seasoned Fish Sauce:

- 1/3 cup white vinegar (or rice wine vinegar)
- 1 1/2 tablespoon of fish sauce
- 2 tablespoons of sugar
- 2 garlic cloves, minced

**Nutrition Tip:** You can simply boil or pan-fry your protein of choice. The seasoned fish sauce will help bring flavor to all your ingredients.

### Bowl Ingredients:

- 4-5 ounces uncooked rice vermicelli noodles (or bean thread)
- 2 cups of carrots, shredded or julienned
- 2 cups of cucumbers, shredded or julienned
- 1 cup of mint (or thai basil, cilantro) chopped
- Protein: cooked pork, chicken, tofu, fish, shrimp

*May add more veggies or substitute for others like zucchini, bell peppers or lettuce.*

## Directions

1. Place all ingredients for seasoned fish sauce in a small bowl and mix thoroughly until the sugar is dissolved.
2. Cook the noodles according to package directions.
3. Put noodles in large bowl and top with veggies and herbs. Top with your cooked protein of choice. When ready to eat, pour seasoned fish sauce to your liking and enjoy.

Get more recipes at  
[uhs.berkeley.edu/studentnutrition](https://uhs.berkeley.edu/studentnutrition)

# Vietnamese Noodle Salad

## Ingredients

### Dressing:

- 1/3 cup rice wine vinegar (or white vinegar)
- 1 1/2 TB fish sauce (or 1 tsp soy sauce)
- 2 TB of sugar
- 2 garlic cloves, minced

### Salad:

- 4-5 oz uncooked rice vermicelli noodles (or bean thread or udon)
- 2 cups of carrots, shredded or julienned
- 2 cups of cucumbers, shredded or julienned
- 1 cup of mint (or basil, cilantro) chopped
- *Optional: 1/2 cup crushed peanuts. May add more veggies or sub for others like zucchini, bell peppers or lettuce.*

**Nutrition Tip:** Adding a protein, like tofu, peanuts or hard-boiled eggs, to your noodle salad makes for a more balanced and filling meal.



## Directions

1. Place all dressing ingredients in a small bowl and mix thoroughly until the sugar is dissolved.
2. Cook the noodles according to package directions.
3. Put noodles in large bowl and top with veggies and herbs. Add dressing and toss. Topp with a protein if desired, and enjoy!

Recipe adapted from

<https://www.feastingathome.com/vietnamese-vermicelli-salad/>

Get more recipes at

**[uhs.berkeley.edu/studentnutrition](https://uhs.berkeley.edu/studentnutrition)**