

Helergon Kitchen

Ensalada De Fideos Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz fideo noodles (or thin pasta)
- [ ] 1 cup carrots, julienned
- [ ] 1 cup red bell pepper, thinly sliced
- [ ] 1 cup cucumber, diced
- [ ] 1/2 cup red onion, thinly sliced
- [ ] 1/4 cup fresh cilantro or basil, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lime juice
- [ ] 1 tsp honey
- [ ] 1/2 tsp ground cumin
- [ ] Salt and pepper to taste

Instructions

1. Bring a pot of salted water to boil, add the fideo noodles and cook until al dente, about 6-7 minutes.
2. Drain the noodles and immediately rinse under an ice-water bath; set aside to cool.
3. In a large bowl combine carrots, bell pepper, cucumber, and red onion.
4. Whisk together olive oil, lime juice, honey, cumin, salt, and pepper until emulsified.
5. Add the cooled noodles to the vegetables, pour the dressing over, and toss gently.
6. Finish with chopped cilantro or basil, give one last light toss, and serve.

Nutrition per serving

280 kcal	6 g	35 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the noodles seem sticky, toss them with a splash of oil before mixing.
- Adjust the lime juice to suit your preference for tanginess.
- For extra flavor, let the salad sit for 10 minutes before serving.