

燒排骨日式冷麵沙律 -

BBQ Pork Ribs Soba Noodles Salad with Cucumber and Mango

材料 Ingredients

米醋	¾ 杯	Rice vinegar	¾ 杯
糖	¼ 杯	Sugar	¼ 杯
鹽	¾ 茶匙	Salt	¾ 茶匙
蒜茸	1 湯匙	Garlic, chopped	1 湯匙
紅辣椒, 去籽切碎	1 隻	Red chili, seeded, chopped	1 隻
青檸汁	3 湯匙	Lime juice	3 湯匙
麻油	1 湯匙	Sesame oil	1 湯匙
日式麵條	12 安士	Soba noodles	12 安士
青瓜, 直切, 再切半	1 條	Cucumber, halved lengthwise, thinly sliced crosswise	1 條
芒果, 去皮, 去核, 橫切薄片	1 個	Ripe mango, peeled, halved, pitted, thinly sliced crosswise	1 個
紫蘇葉, 切碎	1 杯	Fresh basil, chopped	1 杯
薄荷葉, 切碎	1 杯	Fresh mint, chopped	1 杯
極上燒臘系列 - 燒排骨, 切幼條		Premium BBQ Product - BBQ pork ribs, shredded	

步驟 Directions

1. 糖 醋 鹽倒入煲內用中火煮致糖溶掉約 1 分鐘
2. 加入蒜茸 辣椒碎 青檸汁 麻油拌勻 備用
3. 用一鍋滾水煮麵條致麵條熟透
4. 浸冰水 瀝乾
5. 麵條放入大碗內
6. 加入醬汁拌 1 勻
7. 加入燒排骨 青瓜 芒果 紫蘇 薄荷拌勻上碟 凍食

1. Combine vinegar, sugar, and salt in small saucepan over medium heat, stirring occasionally until sugar dissolves, about 1 minute.
2. Add garlic, chili, lime juice, sesame oil. Set aside
3. Cook noodles in large pot of boiling water until tender but still firm to bite, stirring occasionally.
4. Drain well and rinse under cold water; drain again.
5. Transfer noodles to large bowl.
6. Add dressing and toss to coat
7. Add BBQ pork ribs cucumber, mango, basil, and mint to noodles and toss gently.
8. Serve cold.