

The Ultimate Deconstructed Spring Roll Salad with Spicy Ginger Dressing

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INGREDIENTS

For the Spicy Ginger Dressing:

Fresh Ginger: 3 tablespoons, minced (fresh is non-negotiable here!).

Garlic: 2 cloves, minced.

Soy Sauce: 2 tablespoons for that essential umami saltiness.

Agave Nectar: 1 tablespoon to balance the heat.

Rice Wine Vinegar: 1/4 cup for a bright, tangy acidity.

Sesame Oil: 1 tablespoon for a toasted, nutty aroma.

Canola Oil: 2 tablespoons as the neutral base.

Red Pepper Flakes: 1/2 to 1 teaspoon depending on your heat tolerance.

Salt and Pepper: To taste.

For the Salad Base:

Rice Noodles: 8 oz (thin vermicelli works best).

Shredded Cabbage: 1 1/2 cups (green or red, or a mix of both).

Cucumber: 1 small, julienned.

Carrots: 2 small, julienned.

Sweet Pepper: 1 medium, julienned (red or orange adds great color).

Fresh Herbs: 1/4 cup each of minced cilantro and mint.

Roasted Peanuts: 1/4 cup, chopped for that signature crunch.

Garnish: Extra cilantro and sesame seeds.

DIRECTIONS

1. **Master the Dressing:** In a blender or food processor, combine the ginger, garlic, soy sauce, agave, vinegar, oils, and red pepper flakes. Blend until completely smooth. Give it a taste-it should be zingy, slightly sweet, and carry a lingering heat. Season with salt and pepper as needed and set aside.
2. **Prep the Noodles:** Cook your rice noodles according to the package instructions. Be careful not to overcook them; you want them soft but not mushy. Immediately rinse them under cold water to stop the cooking process and wash away excess starch. Drain them thoroughly.
3. **The Big Toss:** In a large mixing bowl, combine the cold noodles, shredded cabbage, cucumber, carrots, sweet pepper, cilantro, and mint. Pour that glorious dressing over the top. Use tongs to toss everything together until every strand of noodle and sliver of vegetable is coated.
4. **The Finishing Touches:** Transfer the salad to a serving platter. Top generously with the chopped roasted peanuts, extra cilantro, and a sprinkle of sesame seeds. Serve immediately while the vegetables are at their peak crispness.

SWAPS & NOTES

The Protein: While this salad is naturally vegetarian, it's incredibly easy to bulk up.

It pairs beautifully with grilled shrimp or shredded chicken.

If you prefer a creamy chicken option, check out my [Light Tangy Chicken Salad](#) for inspiration.

The Noodles: If you can't find rice noodles, you can swap in "zoodles" (zucchini noodles) for a lower-carb version.

TIPS FOR SUCCESS

Julienne Like a Pro: For the best mouthfeel, try to get your vegetables (carrots, peppers, cucumbers) into thin, uniform matchsticks.

This ensures you get a little bit of everything in every bite.

Dry the Noodles: After rinsing your noodles, let them sit in the strainer for a few minutes.

If they are too wet, the dressing won't stick to them and will end up at the bottom of the bowl.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-deconstructed-spring-roll-salad-with-spicy-ginger-dressing/>