



Whole Grain Noodles with Romaine, Sesame-Gochujang, and Furikake

Chef Alex Ong grew up in Malaysia and brought his classic French training and native flavors to many restaurants in the U.S. Here, he uses Whole Grain Thin Spaghetti in place of more traditional soba noodles. Furikake is a multi-layered seaweed flavoring that includes fish. For a vegan version, use nori flakes instead.

Instructions

Cook the Barilla® pasta for 1 minute less than the time indicated on the package. Drain pasta and drizzle with some olive oil to prevent from sticking. Place pasta flat on sheet trays or hotel pans and cool in a blast chiller. Alternatively, cool it down in a walk-in cooler. Store in zip lock bags or sealed plastic container; refrigerate and use within several hours.

In a large container, whisk together the gochuchang, sesame oil, sesame seeds, rice vinegar, agave nectar, soy sauce, and water. Cover and reserve.

For each serving, to order: Combine 1 1/8 cups pasta with 1/2 head sliced romaine and toss with 2 Tbsp gochujang sauce. Arrange on a plate and top with 3 roasted carrots, 1 sliced radish, some green onions, and a generous sprinkle of furikake.

Ingredients

- 3 lb. Barilla Whole Grain Thin Spaghetti
- 3/4 cup gochujang
- 2 Tbsp sesame oil
- 1/4 cup sesame seeds
- 1/4 cup rice vinegar
- 6 Tbsp agave nectar
- 3/4 cup low-sodium soy sauce
- 3/4 cup water
- 12 heads romaine, cut into 1/4-inch strips
- 72 baby carrots, roasted
- 24 red radishes, very thinly sliced
- 6 bunches green onions, thinly sliced
- 6 Tbsp furikake seasoning

Nutritional Info

This information is per serving.

Nutrition Facts

Serving Size 1

Servings Per Container serving

Amount Per Serving

Calories 303

Calories from Fat 36

% Daily Value*

Total Fat 4g

6%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 1mg

0%

Sodium 548mg

23%

Total Carbohydrate 60g

20%

Dietary Fiber 10g

40%

Sugars 12g

Protein 10g

20%

Vitamin A 195%

Vitamin C 23%

Calcium 7%

Iron 18%

Allergy Information:

*Percent Daily Values are based on a 2,000 calorie diet.

Please note: for the purpose of the nutritional assessment, total sodium does not include salt added to the cooking water. When salt is listed "as needed" in the ingredient list, 1 tsp total is included in the analysis.