Plate Dream

Ensalada De Fideos Recipe

Fresh noodle salad with crisp veggies, citrus notes, and a light vinaigrette – a wholesome and speedy lunch

15 min	10 min	25 min	4	Easy	Latin American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz thin pasta noodles (fideos or angel hair)
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 cup sweet corn kernels
- [ ] 1/2 cup black beans, rinsed
- [ ] 1 small red bell pepper, thinly sliced
- [ ] 1/4 cup red onion, finely diced
- [ ] 2 tbsp fresh cilantro, chopped
- [ ] 2 tbsp fresh mint leaves, chopped

Dressing

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

Instructions

1. Bring a pot of salted water to a boil, add the noodles and cook until al dente, about 6-7 minutes.
2. Drain the noodles, rinse under cold water, and set aside to cool.
3. In a large bowl, combine tomatoes, corn, black beans, bell pepper, red onion, cilantro, and mint.
4. Whisk together lime juice, olive oil, honey, cumin, salt, and pepper; pour over the noodle and vegetable mixture and toss gently.
5. Taste and adjust seasoning if needed, then let the salad rest for 10 minutes before serving.

Nutrition per serving

320 kcal	12 g	45 g	10 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - For extra crunch, toast pumpkin seeds and sprinkle on top just before serving.
> - If you like a bit of heat, add a pinch of chili flakes to the dressing.
> - The salad can be made a day ahead; keep the dressing separate to maintain freshness.