Treasure Barrel

Ensalada de Fideos – Fresh Noodle Salad

Light noodle salad with veggies, citrus dressing, and a refreshing finish.

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

Ingredients

Main Ingredients

- [ ] 8 oz fideo noodles
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 cup red bell pepper, thinly sliced
- [ ] 1/2 cup yellow bell pepper, thinly sliced
- [ ] 1/2 cup cucumber, diced
- [ ] 1/4 cup red onion, finely chopped
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 2 tbsp fresh cilantro, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey or agave
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a pot of salted water to a boil, add the fideo noodles, and cook until just al dente – about 6 minutes.
2. Drain the noodles, rinse under cold water, and set aside in a large bowl.
3. In a small jar, whisk together olive oil, lemon juice, honey, salt, and pepper; let it sit while you prep the veggies.
4. Add the cherry tomatoes, bell peppers, cucumber, red onion, parsley, and cilantro to the noodles.
5. Pour the vinaigrette over the salad, toss gently, and taste for seasoning. Adjust with more lemon or salt if needed.
6. Let the salad rest for 5–10 minutes so the flavors meld, then serve at room temperature or chilled.

Nutrition per serving

280 kcal	8 g	30 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter note, add a splash more honey to the dressing.
- For extra crunch, sprinkle toasted pumpkin seeds just before serving.
- The salad can be made a day ahead; keep the dressing separate and combine right before eating.