Cold Noodle Salad

⏱ Prep: 15 minutes · Cook time: 10 min · Total time: 25 min · Serves 4–6 · Author: Sarah Lim

Cold Noodle Salad with Sesame Peanut Dressing, Crisp Vegetables and Soft-Boiled Eggs is a quick and satisfying dinner that comes together in just 25 minutes.

Serve this cold noodle salad with extra sesame seeds, sliced cucumber, and a drizzle of more sesame dressing. The flavor keeps improving overnight, so it's a great make-ahead option for lunch or for your weeknight cooking in a pinch. Leftovers last for 3 days in the fridge.

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Leftovers keep well in the refrigerator for up to three days. Toss the sesame and vegetables and you can make them with crunchy cubed or spiralized cucumber, carrots, or bell pepper instead of the cabbage. The dressing is also great on its own as a quick sesame vinaigrette.

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Why You'll Love this Recipe

- **Quick and easy.** Total prep time is under 25 minutes from start to finish.
- **Cool, crunchy, and satisfying.** Cabbage, cucumber, and carrots stay crisp in the fridge.
- **Make-ahead friendly.** The dressing keeps in a jar for a week and only improves overnight.
- **Easy to customize.** Swap the protein, add more vegetables, or use different noodles.

Ingredients

- **Fresh noodles.** I prefer ramen or Hokkien noodles, but any cooked noodle will work. Rinse under cold water to stop the cooking and keep them from sticking.
- **Soft-boiled eggs.** Boil for 6 minutes, then ice. Yolks should still be jammy.
- **Cabbage.** I use both the white and purple cabbage for color and crunch.
- **Carrots.** Shredded or sliced thin.
- **Cucumber.** Sliced thin or cut into half-moons.
- **Sesame seeds.** Toasted for extra nutty flavor.

Sesame Dressing

- **Peanut butter.** Creamy works best.
- **Soy sauce.** Use tamari for a gluten-free version.
- **Rice vinegar.** Adds the tangy base.
- **Sesame oil.** A few drops go a long way.
- **Honey.** Balances the vinegar and salt.
- **Garlic.** Grated or minced.
- **Ginger.** Grated or minced.
- **Hot water.** Thins the dressing to a pourable consistency.

Substitutions & Variations

- Swap peanut butter for tahini for a nutty, slightly bitter version.
- Use rice vinegar or lime juice instead of rice vinegar.
- Add a pinch of chili flakes or a drizzle of sriracha for heat.
- Add more vegetables: bell pepper, snap peas, or shredded red cabbage.
- Make it a meal: add rotisserie chicken, tofu, or edamame for protein.

How to Make Cold Noodle Salad

Step 1

Cook the noodles according to the package instructions. Rinse under cold water until cool, drain well, and toss with a little sesame oil to prevent sticking.

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Step 2

Bring a pot of water to a gentle boil and cook eggs for 6 minutes. Ice bath immediately and peel when cool enough to handle.

Step 3

Slice the vegetables by cutting the cabbage into thin strips, the carrots into coins, and the cucumber into half-moons.

Sarah's Top Tips

- Make noodles ahead. Cold noodles are easier to work with than hot noodles.
- Cool and rinse. Rinse the ramen under cold water to remove the starch and stop the cooking. Drain well and toss with a few drops of sesame oil.
- Dressing first. Mix the dressing in a bowl, add the noodles and vegetables, and toss to coat.
- Add at the last minute. Vegetables and eggs stay crisp longer when added just before serving.

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Serving

This cold noodle salad can be served warm or chilled. Pair it with Korean BBQ Beef, Crispy Tofu, or Grilled Chicken.

Storage & Reheating

Store the cold noodle salad in an airtight container in the refrigerator for 3 to 4 days.

Reheat only if you prefer a warm bowl: microwave 1 minute, stirring halfway, or warm in a pan with a splash of water. Add the dressing after reheating.

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COLD NOODLE SALAD

Serves: 4–6 servings

Cold Noodle Salad with Sesame Peanut Dressing, Crisp Vegetables and Soft-Boiled Eggs. Quick, easy, and ready in 25 minutes. Serve warm or chilled.

Author: Sarah Lim

4–6 Servings	1x Double
Scale this recipe: 1x, 2x, 3x, 4x, 5x, 6x, 7x, 8x, 9x, 10x, 11x, 12x, 13x, 14x, 15x, 16x, 17x, 18x, 19x, 20x	Scale this recipe: 1x, 2x, 3x, 4x, 5x, 6x, 7x, 8x, 9x, 10x, 11x, 12x, 13x, 14x, 15x, 16x, 17x, 18x, 19x, 20x

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KITCHEN TOOLS NEEDED

- Large saucepan
- Colander
- Ice bath

INGREDIENTS

- 1 lb fresh noodles (ramen or Hokkien)
- 6 large eggs
- 1 cup cubed or shredded cucumber
- 1 cup shredded carrots
- 1 cup shredded cabbage
- 2 tbsp toasted sesame seeds
- 1 tbsp sesame oil
- 3 tbsp peanut butter
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp honey
- 1 teaspoon grated ginger
- 1 teaspoon grated garlic
- 3 tbsp hot water

PEANUT SAUCE

- 2 tablespoons peanut butter, unsweetened
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon honey
- 1 teaspoon sesame oil (optional)
- 1 teaspoon grated ginger
- 1 clove garlic
- 1 tbsp water
- 1 teaspoon sesame seeds

PORTIONS

- 1 cup noodles
- 1 egg
- 1 tablespoon sauce
- 1 tablespoon vegetables

NOTE

- Cook Mode: Prevent your screen from going dark while making the recipe.

INSTRUCTIONS

- Cook noodles: Boil noodles according to the package directions. Drain and rinse under cold water.
- Boil eggs: Bring a pot of water to a gentle boil. Add eggs, cook for 6 minutes, then transfer to an ice bath. Peel when cool enough to handle. Slice in half.
- Make peanut sauce: Whisk together the ingredients in a small bowl.
- Prep vegetables: Slice the cucumber into half-moons, shred the carrots, and slice the cabbage into thin strips.
- Toss: Add the noodles, vegetables, and sauce to a large bowl and toss to coat evenly.
- Serve: Divide noodles and vegetables among bowls. Top with eggs and sesame seeds.

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