

Thai Noodle Salad

Serves: 6

Difficulty:



Ingredients:

300g easy cook dried egg noodles OR rice noodles

2 carrots

½ cucumber

100g mangetout

1 red pepper

4 spring onions

Small bunch (20g) fresh coriander OR parsley

Dressing

2cm piece fresh root ginger

1 clove garlic

1 small lemon OR lime (juice only)

1 x 5ml spoon sweet chilli sauce OR honey

50ml sunflower oil

1 x 15ml spoon soy sauce

Equipment: Scales, saucepan, colander, 2 large bowls, sharp knife, chopping board, peeler, measuring spoons, small bowl, fork, scissors, grater, garlic crusher, juicer, whisk

Method:

- 1) **Cook the noodles according to the instructions on the packet. Drain and refresh by rinsing with cold water until cold and place in the fridge in a covered container.**
- 2) Peel the carrots and cut into thin slices 1/2cm by 5cm long or grate them
- 3) Use a vegetable peeler to peel off thin ribbons of cucumber lengthways.
- 4) Slice the mangetout in half lengthways.
- 5) Remove the stalk, seeds and pith from the pepper and slice into long thin strips.
- 6) Remove the stalk, seeds and pith from the pepper and slice into long thin strips.
- 7) Peel, top and tail the spring onions and finely slice.
- 8) Finely chop the coriander or parsley with scissors, removing any tough stems.
- 9) To make the dressing, remove the peel from the ginger and finely grate.
- 10) Peel and crush the garlic.
- 11) Squeeze the juice from the lime or lemon and measure 1 tablespoon of juice into the small bowl.
- 12) Combine the rest of the ingredients for the dressing in a small bowl and whisk.
- 13) Place the noodles in a large bowl. Add the prepared cucumber, carrots, mangetout, red pepper, spring onions and coriander, and pour over the dressing combining everything thoroughly

Top Tips!

- Freeze any root ginger you have left for next time, it can be easily grated from frozen and returned to the freezer for another time
- Great to use for packed lunches
- Add some cooked chicken at step 13

For more recipes contact Food For Fitness on:

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