



# Thai Noodle Salad

 10 minutes preparation + 20 minutes cooking.

 3 serves of veg

## INGREDIENTS

100g dried noodles\*  
1 spring onion, sliced  
1 cup of snow pea shoots (or mung bean sprouts)  
1 red capsicum, seeded and sliced  
1 tablespoon unsalted peanuts or cashews, chopped  
2 tablespoons of coriander

## Dressing

2 tablespoons reduced –salt soy sauce  
1 teaspoon of honey  
1 clove of garlic, crushed  
Juice of 1 lemon  
1/2 teaspoon fresh ginger, finely chopped



## DIRECTIONS

Prepare noodles according to packet directions. Rinse under cold running water, drain and set aside. In a small bowl combine dressing ingredients. In a large bowl combine remaining ingredients. Pour dressing over the salad, add noodles and toss well. Serves 2.

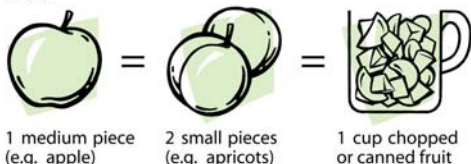
## VARIATION

\*Use soba, somen or egg noodles in this recipe. Use spinach and snow peas shoots.

**SERVING SUGGESTION:** For an easy lunch add 150 g cooked chicken to serve as a meal.

## WHAT IS A SERVE?

### Fruit

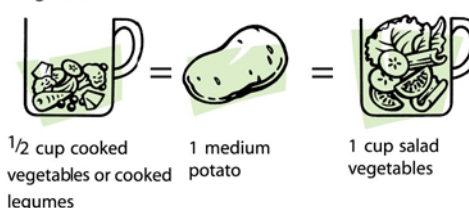


1 medium piece  
(e.g. apple)

2 small pieces  
(e.g. apricots)

1 cup chopped  
or canned fruit

### Vegetable



1/2 cup cooked  
vegetables or cooked  
legumes

1 medium  
potato

1 cup salad  
vegetables



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