

# Asian Noodle Salad

Serves 8



## Ingredients

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### Salad:

- 2 nests of 98% fat free dried noodles or a packet of vermicelli rice noodles
- 2 cups sliced chicken or beef - cooked
- 1 capsicum - finely diced or sliced
- 1 Tbsp light soy sauce
- 1 carrot - grated
- 1 red onion - finely diced or sliced
- ¼ green cabbage - finely diced or sliced
- ½ cucumber - seeds removed and diced or sliced finely
- 1 bag fresh mung bean sprouts
- 2 Tbsp sesame oil
- ¼ cup fresh coriander - sliced (optional)

### Dressing:

- 4 Tbsp fresh lime or lemon juice
- 2 Tbsp sweet chilli sauce (small amount as this contains a lot of sugar)
- 4 Tbsp good fish sauce
- 4 Tbsp sesame oil
- 1 tsp garlic - finely chopped
- 1/2 tsp ginger - grated (optional)

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## Method

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1. To cook the noodles - boil the jug with about 10 cups of water
  2. Pour the boiling water over the noodles and leave to soak for 10 minutes
  3. Drain the noodles, toss in 1 Tbsp of sesame oil and cool by spreading out on a tray
  4. Finely slice the chicken or beef, then marinate by adding 1 Tbsp of sesame oil
  5. Cook the chicken or beef by tossing in a pan with a little cooking oil for about eight minutes - once cooked, put aside to rest for two minutes (the meat can be served in the salad hot or cold)
  6. In a large bowl place the grated and chopped vegetables, noodles and cooked meat
  7. Place all dressing ingredients in a screw top jar and shake well
  8. Pour the dressing over salad mixture and mix well to combine.
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