

Thai Noodle Salad

Noodles make a substantial base for this Asian-inspired salad. You can add any of your favourite vegetables. This salad works well with rice or fine egg noodles and can easily be adapted to make a great healthy pot noodle to eat perhaps for a picnic or at lunchtime!



Eggs, soya and wheat (gluten)*

Nutritional information per portion (226g):

| | | | | |
|----------------------------------|--------------------|-------------------------|----------------------|---------------------|
| Energy 710kJ 169kcal 8% | Fat 8.5g 12% | Saturates 1.1g 6% | Sugars 5.2g 6% | Salt 0.54g 9% |
|----------------------------------|--------------------|-------------------------|----------------------|---------------------|

of an adult's reference intake.
Typical values per 100g: energy 314kJ/75kcal.

Equipment

Weighing scales
Saucepan
Kettle
Colander x 2
Large bowl x 2
Sharp knife
Chopping board
Vegetable peeler
Measuring spoons
Measuring jug
Serving bowl
Fork
Scissors
Grater
Garlic crusher
Juice squeezer
Small bowl
Jar or container with tight fitting lid (optional)
Whisk

Ingredients

Serves 6
300g easy cook dried egg noodles OR Thai rice noodles
100g fresh beansprouts (must be labelled ready to eat, chilled correctly and eaten within the "use by" date. Do not use if going brown or discoloured).
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

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Add more soy sauce to your dressing for a stronger flavour.
- Mangetout are great for dipping. If you have any mangetout left over you could try making one of the dip recipes on our website to eat with them.

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Method

1. Cook the noodles according to the instructions on the packet. Drain and refresh by rinsing with cold water. Allow to cool completely.
2. Rinse the beansprouts, then place in a large bowl and cover with cold water. Leave for 10 minutes, then drain. (This helps to crisp them).
3. Wash and dry all the other vegetables.
4. Peel the carrots and then cut into thin sticks (about ½cm wide and 5cm long). Or you could grate the carrot if you find this easier.
5. Use a vegetable peeler to peel off thin ribbons of cucumber lengthways.
6. Slice the mangetout in half lengthways.
7. Remove the stalk, seeds and pith from the pepper and slice into long thin strips.
8. Finely slice the spring onions. Throw away the root end.
9. Finely chop the coriander or parsley with scissors, removing any tough stems.
10. To make the dressing, remove the peel from the ginger and finely grate.
11. Peel and crush the garlic.
12. Squeeze the juice from the lime or lemon and measure 1 x 15ml spoon of juice into the small bowl.
13. Combine the rest of the ingredients for the dressing in a small bowl and whisk. Or place in a jar with a lid and shake well. Taste and adjust the seasoning.
14. Place the noodles in a large bowl. Add the drained beansprouts, and prepared cucumber, carrots, mangetout, red pepper, spring onions and coriander. Mix well with a fork.
15. Give the dressing a final shake and pour over the salad. Combine thoroughly with the noodles and vegetables.

Something to try next time

- Keep the mangetout whole but blanch them in boiling water for 2 minutes or steam until tender. Sugar snap peas can be used instead.
- If you want noodles on the go, you can combine these ingredients with the method used in our Top Noodles recipe – find it on our website.

Prepare now, eat later

- Eat within 2 hours of making before the salad loses its fresh crunch.

Skills used include:

Washing, weighing, measuring, peeling, chopping, crushing, grating, mixing/ combining, boiling/simmering and serving.

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