

# Thai Noodle Salad

Traffic light category: **Green**

Serves: 10 (260g per serve)

## Ingredients

- 400g dry rice noodles
- 4 spring onions, sliced
- 4 cups snow pea sprouts, sliced in half
- 4 medium red capsicums, seeded and sliced
- 1 Lebanese cucumber, seeded and sliced
- 4 tablespoons fresh coriander, torn
- 4 tablespoon fresh mint, torn

## Method

1. Prepare noodles according to packet instructions
2. Rinse noodles under cold running water, drain and set aside
3. In a small bowl combine dressing ingredients
4. In a large bowl combine spring onions, snow pea sprouts, capsicum, cucumber and herbs
5. Pour dressing over the salad, add noodles and toss well.

For a more substantial salad add in one of these:

- 2 cups of chopped cooked chicken
- 200g tin of tuna in spring water, drained
- 2 cups thinly sliced roast beef

## Dressing

- 8 tablespoons salt reduced soy sauce
- 4 teaspoons honey
- 4 cloves garlic, crushed
- Juice of 2 lemons
- 1-2 teaspoons fresh ginger, grated

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1079kJ	367kJ
Protein	8.63g	2.94g
Total fat	1.09g	0.37g
Saturated fat	0.00g	0.00g
Carbohydrate	49.77g	16.96g
Sugars	11.02g	3.76g
Dietary fibre	5.78g	1.97g
Sodium	733mg	250mg

