

Chicken noodle salad

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Green**

Serves: 4 (approximately 275g)

Ingredients - salad

- 200g dried rice noodles
- 2 cups skinless poached chicken breast, finely sliced
- 2 spring onions, finely sliced diagonally
- ½ medium continental cucumber, cut into matchsticks
- 1 medium carrot, peeled, cut into matchsticks
- 8 snow peas, finely sliced diagonally
- ½ cup mint leaves, chopped

Method

1. Cook rice noodles according to packet instructions
2. Place all salad ingredients into a large bowl, toss to combine
3. Mix dressing ingredients together in a small jug until the sugar dissolves
4. Dress salad just before serving.

Ingredients - dressing

- Juice of 1 lime
- 1 tablespoon brown sugar
- 1 tablespoon reduced salt soy sauce
- 1 tablespoon sesame oil

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1256kJ	456kJ
Protein	23g	8.3g
Total fat	7.3g	2.6g
Saturated fat	1.5g	0.5g
Carbohydrate	32.8g	11.9g
Sugars	6.1g	2.2g
Dietary fibre	3.3g	1.2g
Sodium	244mg	88.7mg



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