

Sweet potato noodle salad

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Green**

Serves: 4 (approximately 180g)

Ingredients

- 5 dried shitake mushrooms
- 200g dried sweet potato noodles (*available at major supermarkets*)
- 2 spring onions, thinly sliced
- 1 medium carrot, peeled, cut into thin sticks
- 1 medium white onion, thinly sliced
- 120g baby spinach leaves

Ingredients - sauce

- 2½ tablespoons reduced salt soy sauce
- 3 tablespoons brown sugar
- 1½ tablespoons sesame oil
- 2 cloves garlic, minced
- 1 tablespoon sesame seeds, toasted

Method

1. Soak mushrooms in hot water for 30 minutes, squeeze out excess water, slice thinly, set aside
2. Combine soy sauce, brown sugar, sesame oil, minced garlic and sesame seeds, set aside
3. Boil noodles for approximately 8 minutes or until completely translucent and soft. Drain, then place into a pot of cold water. While in the water, roughly cut into 15cm lengths with scissors. Drain again, add half the sauce mix, this prevents the noodles from sticking together
4. Pan fry noodles with a little oil for approximately 4 minutes until warm. Transfer to a mixing bowl
5. Pan fry white part of spring onion, carrot and onion until hot but still slightly crisp
6. Add mushrooms, ¼ of the remaining sauce mix, green tops of spring onion and spinach. Add vegies and remaining sauce to noodles, mix well.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1420kJ	769kJ
Protein	4.1g	2.2g
Total fat	8.7g	4.7g
Saturated fat	1.3g	0.7g
Carbohydrate	37.9g	20.5g
Sugars	12.9g	7.0g
Dietary fibre	3.1g	1.6g
Sodium	542mg	294mg



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