Zesty Thai noodle salad

Preparation time

30 minutes

Serves

8

Recipe courtesy of

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This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

1/2 cup edamame beans (fresh or frozen)

1 packet of vermicelli rice noodles

1 coleslaw mix from supermarket, leave out the dressing.

1 packet mixed leaves

1 cup snow peas, sliced on an angle

1 red capsicum, sliced

2 spring onion stems, chopped

1 avocado, sliced

1 large handful coriander, chopped with stalks

1 large handful of mint, removed from stem

½ cup of bean shoots

SALAD DRESSING

2 tbsp soy sauce

1 tsp sesame oil

1 tsp rice wine vinegar

1 tbsp sweet chilli sauce

1 tbsp coconut sugar (or regular sugar)

juice of 1/2 lemon

1/4 cup extra virgin olive oil

1/2 tsp fish sauce

1. In a bowl, pour boiling hot water over rice noodles and edamame. Sit for 5 minutes or until cooked. Drain well.
2. In a separate serving bowl, add noodles, edamame, coleslaw mix, leaves, capsicum, avocado, spring onion, mint, coriander and snow peas and toss ingredients.
3. Mix salad ingredients in a jar and pour over salad. Toss well.
4. Finish by laying bean shoots on top of salad. Serve with dressing.

Nutritional information is provided per serve

Engery	1169kJ (279 calories)
Protein	5.8g
Saturated Fat	2g
Total Fat	13g
Carbohydrates	31.6g
Sugars	7.7g
Dietary Fibre	4.6g
Sodium	286mg