

THAI NOODLE SALAD

Serves 4 | Allow 1 hour | A bit of prep to do but worth the effort!



Ingredients for the Dressing

- 10 ml of sesame oil
- 10 ml of light soy sauce
- 10 ml of mirin (or white wine vinegar if you don't have mirin)
- Juice of two limes
- 2 garlic cloves, crushed
- 5 g of fresh ginger, grated
- 1 small red guindilla chilli, finely diced

Ingredients to Finish and Serve

- 50 g of peanuts
- 2 tsp of sesame seeds
- 1 bunch of coriander, stalks removed, finely chopped

Ingredients for the Salad

- 1 red pepper, cut into long thin strips (julienne)
- 250 g of spinach (preferably baby spinach)
- 1 red onion, finely sliced
- 1 swiss chard (Chinese leaf), finely shredded (chiffonade)
- 150 g of Chinese cabbage (or green cabbage), finely shredded (chiffonade)
- 150 g of red cabbage, finely shredded (chiffonade)
- 2 spring onions, finely sliced
- 1 carrot, cut into ribbons with a speed peeler (check out YouTube for an easy tutorial)
- 1 cucumber, cut into ribbons with a speed peeler (check out YouTube for an easy tutorial)
- 2 radishes, finely sliced
- 250 g of dried egg noodles

Method for the Dressing

1. Combine the sesame oil, soy sauce and mirin (or vinegar) in a bowl and whisk together.
2. Stir in the red chilli, garlic and ginger.
3. Whisk in the lime juice.

Method for the Salad

1. Put the peanuts on a tray in a preheated oven at 190°C for 5 minutes then leave to one side to cool
2. Put a pan of water on the stove and as it comes to the boil add salt and a little olive oil. Drop in the noodles, turn out the heat, leave to cook for 4 minutes then drain and run under cold water until chilled.
3. Add the rest of the salad ingredients to a large bowl.
4. Pour over your dressing and toss all ingredients together until well combined and evenly coated

To Serve

1. Divide into four equal portions.
2. Top with a sprinkling of the sesame seeds, toasted peanuts and coriander to finish

At the restaurant we serve this salad with a choice of marinated grilled chicken, tempura king prawns or plain as a vegetarian option.