

CRUNCHY NOODLE SALAD



Serves



Cost per
serve



Total prep
& cooking time



WHY WE LOVE THIS RECIPE

Any green leafy vegetables can be added to this recipe, such as spinach.



FOOD WASTE TIP

In this recipe you can use any herbs and vegetables you have left over. Be creative!

INGREDIENTS

Salad:

- ¼ small Chinese cabbage
- 1 large carrot
- ½ large red capsicum
- ½ cup coriander or parsley leaves
- ½ cup fresh mint leaves
- 100g packet crunchy fried noodles

Sauce:

- 1 tablespoon salt reduced soy sauce
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 tablespoon water

EQUIPMENT

- Large bowl
- Small bowl
- Chopping boards
- Knives
- Fork
- Plastic tongs
- Grater

SKILLS

- Mixing
- Measuring
- Grating
- Slicing
- Chopping

STEPS



Chop all cabbage and capsicum into thin slices and place into a large bowl.



Grate the carrot with care, making sure your fingers are tucked in. Combine with the vegetables.



Tear herbs from stems, chop and add them into the large bowl.



To make the dressing, in a small bowl, beat together all soy sauce, lemon juice, olive oil and water with a fork.



Pour dressing over salad and using the tongs toss well to coat salad ingredients.



Just before serving, top with crunchy noodles.

