



FRESH AND EASY VIETNAMESE NOODLE SALAD

This light and refreshing vermicelli noodle salad gets its inspiration from Vietnamese bun salads. With fresh slivered veggies in a tangy Vietnamese rice vinegar dressing, it makes a simple side dish to serve with grilled fish, lean meats like chicken or simply on it's own.

 15 minutes

 20 minutes

 8 portions

INGREDIENTS

- 340 grams of thin Asian vermicelli noodles (such as rice stick or mung bean)
- 2 carrots, shredded
- 600 grams of raw red cabbage, shredded or 2 cucumbers, seeded and shredded
- 4 spring onions, chopped
- 180 grams of fresh bean sprouts
- 5 grams of chopped coriander
- 180mls of fish sauce
- 180mls of seasoned rice vinegar
- 3 tablespoons sugar
- 2 cloves garlic, pressed or minced
- 1/4 teaspoon chilli flakes
- 1 lime

COOKING METHOD

- 1° Soften the vermicelli noodles in a large bowl by covering with boiling water and soaking for 3-4 minutes or until tender. Rinse under cold water, drain, and add to a large bowl.
- 2° In a glass jar fitted with a lid or a bowl, mix together the fish sauce, rice vinegar, sugar, garlic and chilli flakes. Pour 3/4 of the dressing over the noodles and toss to coat. Add more dressing if desired. Sprinkle with more coriander and spring onion and a squeeze of lime if desired.
- 3° Salad can be made ahead and refrigerated overnight, however if making ahead, add the coriander just before serving.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (187 g)	% DRI
ENERGY	110 kcal	206 kcal	10 %
PROTEIN	1 g	2 g	5 %
CARBOHYDRATE	26 g	49 g	19 %
SUGARS	5 g	9 g	9 %
FAT	0 g	0 g	0 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
FIBER	1 g	2 g	8 %
SODIUM	768 mg	1438 mg	60 %