

Noodle salad with peanut dressing

Serves 2. Preparation and cooking time 15 minutes

Ingredients:

2 portions wholegrain rice noodles / courgetti
½ tsp toasted sesame or coconut oil
2 carrots, grated
½ cucumber, peeled and finely cubed
Handful sugar snap peas, sliced
Handful radish, quartered
2 spring onions, finely sliced
Handful salmon / cashew nuts / cooked chicken / tofu or other protein of choice
Handful fresh mint and coriander leaves (optional but really makes a difference)

Nutty Asian dressing

1 tbsp. peanut or almond butter
½ tbsp. soy sauce or tamari
Juice of 1 lime
1 clove garlic, grated
Small piece fresh ginger, grated
1 tsp honey
Finely sliced fresh chilli or a dash of Sriracha sauce (optional)

Directions:

- Cook the noodles according to instructions and then rinse, toss in a little oil to prevent sticking and allow to cool. If using courgetti, use raw or stirfry for 1 – 2 minutes.
- Make dressing by mixing all ingredients together in a bowl with 2 – 4 tbsp. warm water to thin
- Divide cooled noodles into 2 containers, top with the prepared veg, protein of your choice and the fresh herbs.
- Divide dressing into 2 smaller containers and add to salad just before eating. Keep in fridge for lunch or dinner over the next 2 days.

Be warned, this dressing is addictive! Keeps in the fridge for 3 – 4 days. Make a thicker version by adding less water and use as a dip for vegetable sticks. Or add 1 tsp miso paste for a boost of beneficial bacteria