

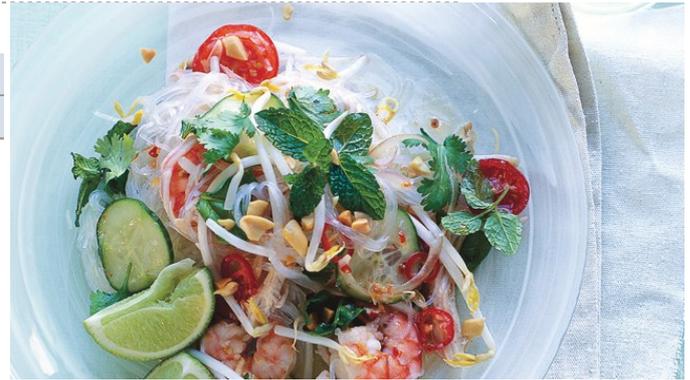


Recipe

Shrimp Noodle Salad

- kitchen -

Recipe serves - 4 people



Ingredients	Amount
Thin rice noodles	100 grams
Sesame oil - drizzle	
Mangetout or sugar snap peas	200 grams
Large red pepper	1 piece
Large yellow or orange pepper	1 piece
Spring onions	2 pieces
Peeled cooked prawns	200 grams
Handful of coriander leaves	
Toasted black or white sesame seeds, to sprinkle	1 tablespoon
Dressing	
Shallot, peeled and finely diced	1 piece
Garlic cloves, peeled and finely crushed	2 cloves
Small red chilli, dressed and finely chopped	1 piece
Lime juice or more to taste	2-3 tablespoon
Fish sauce	2 tablespoons
Light soy sauce	1 tablespoon
Palm sugar (or soft brown sugar)	2 1/2 tablespoons
Sesame oil	2 tablespoons

NOTES

Instructions:

1. Bring the kettle to the boil. Place the rice noodles in a large heatproof bowls and pour on boiling water, ensuring that the noodles are fully immersed. Cover the bowl with cling film and leave to stand for 5 minutes or until the noodles are tender but still retaining the bite.
2. Drain and immediately toss with a drizzle of sesame oil to stop them sticking to each other.
3. In the meantime, blanch the mangetout in a pan of boiling water for 2 minutes until they are just tender but still bright green.
4. Refresh in a bowl of iced water, then drain well. Cut the mangetout on the diagonal into 2 or 3 pieces. Halve, core and deseed the peppers, then cut into long, thin slices. Trim and finely slice the spring onions on the diagonal.
5. For the dressing, put all the ingredients into a bowls and whisk lightly to combine.
6. Put the prawns, spring onions, mange tout and peppers into a large bowl and add the drained noodles, coriander leaves and sesame seeds. Pour the dressing over the salad and toss well to coat. Eat immediately or chill until ready to serve.
7. Note - if you're preparing this salad for a packed lunch, leave noodled to cool completely before tossing with the other ingredients.