

Thai Peanut Noodle Salad



Ready in 30 minutes, try this healthy alternative to your local take out. Loaded with crunchy vegetables, aromatic herbs and tossed with a peanut dressing, this sweet, savoury, sour salad is sure to satisfy.

Ingredients

- 100 g flat rice noodles
- 3/4 cup cooked chicken, shredded
- 3/4 cup red cabbage, shredded
- 3 radishes, finely sliced
- 1/2 cup kohlrabi, cut into batons
- 1/2 cup apple, cut into batons
- 2 spring onion, chopped
- 2 cups coriander, leaves and stems
- 1 cup dill, leaves and stems
- 1 cup mint leaves
- 2 tbsp peanut butter

1 tbsp tamarind puree
1 tsp honey
2 tbsp fish sauce
2 garlic cloves, crushed
1 lime, juiced and zested
2 tbsp sesame oil
1 tbsp sesame seeds, toasted
1 tbsp peanuts, unsalted roasted and roughly chopped
lime wedges for garnish

Method:

1. In a large bowl, combine the peanut butter, tamarind, honey, fish sauce, garlic, lime juice and zest, sesame oil, and sesame seeds.
2. Cook the noodles in a large pot of salted boiling water until tender. Drain, rinse and add to the dressing bowl. Toss to coat.
3. Assemble chicken with salad ingredients, and serve with the noodles topped with chopped peanuts and lime wedges.