Thai salad with rice noodles

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Thai salad with rice noodles

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Enjoy the fresh, zesty flavours of this delicious Thai salad.

Ingredients (serves 5-6)

- 125g flat [rice noodles](#)
- 1 carrot
- 1 small cucumber
- ¼ Chinese cabbage
- ½ red capsicum
- ½ cup chopped green beans
- 100g bean sprouts
- ½ bunch coriander
- 1 green chilli
- 1 red chilli
- 4 spring onions
- ¼ cup dry roast crushed peanuts
- 1 tbsp coconut oil

Dressing

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- 1 tbsp tamarind paste
- 2 tbsp coconut sugar
- 1 Kaffir lime leaf
- Juice of 1 lime
- 2 cloves garlic
- 2.5cm knob ginger
- 1 stick lemon grass
- 1 tsp fish sauce
- 1 tbsp sesame oil
- 1 tsp olive oil
- Fried shallotts and extra chilli to serve

Method

First grab a small processor or blender and place in all dressing ingredients. Blitz until a smooth liquid has formed, adding extra olive oil as needed. Place to side.

Cook the flat rice noodles in a pot of boiling water for around 10 minutes, drain and place in an ice cold bowl of water to stop noodles from sticking together or overcooking.

Julienne the carrot, cucumber, cabbage and and capsicum and place in a wok with the green beans and fry for around two minutes in the coconut oil. We still want the vegetables to have a lot of crunch so avoid overcooking. Add into a salad bowl with the bean sprouts, chopped coriander, chopped chillis and sliced spring onions.

Drain the noodles of any excess liquid and throw into the bowl.

Place over the dressing and toss to combine all ingredients.

Recipe from Kate Bradley, www.kenkokitchen.com

Photo credit: Elisa Watson

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