



Vietnamese chicken noodle salad

**GREEN (SA & ACT)
EVERYDAY (NSW)**

Makes 8 serves

Ingredients:

- 250g dried rice noodles e.g. vermicelli
- 400g cooked chicken, cut into thin strips
- 1 tablespoon olive or canola oil
- 2 cups cabbage, shredded
- 1 red capsicum, finely sliced
- 1 Lebanese cucumber, finely sliced
- 1 carrot, grated
- ½ cup shallots, sliced
- 1 cup bean shoots (optional)
- ½ cup mint, chopped (optional)
- ½ cup coriander, chopped (optional)

For the dressing:

- 1/3 cup lemon juice
- 1 tablespoon caster sugar, dissolved in 1 tablespoon of boiling water
- 2 tablespoons reduced salt soy sauce

Method:

1. In a large heatproof bowl, place rice noodles and cover in hot boiling water.
2. Separate with a fork and allow to stand for 4 minutes or until noodles are tender. Drain and return to bowl.
3. Add chicken and remaining ingredients.
4. In a small bowl, whisk dressing ingredients together.
5. Pour dressing over salad immediately prior to serving and toss through.

Variations:

- Use different noodles such as hokkien, chow mein, or pad thai noodles.
- Add or remove different vegetables to the recipe, ensuring that the overall amount of veggies is the same.
- Replace the chicken with firm tofu or extra veg.

Tips:

- Don't oversoak the noodles or they will stick together and become very hard to manage.
- This recipe is very easy to double or triple if you want to make a large batch, or use some as the filling for rice paper rolls.

Recipe tested by JG June 2016

Nutrition information:

Vietnamese chicken noodle salad	Per serve (170g)	Per 100g
Energy (kJ)	631	371
Protein (g)	16.0	9.4
Fat – total (g)	4.4	2.6
Fat – saturated (g)	0.8	0.5
Carbohydrates – total (g)	10.3	6.1
Carbohydrates – sugar (g)	4.4	2.6
Sodium (mg)	211	124