

# Pot Noodle Salad



15  
YEARS

VG

A very quick and simple salad that is great as a packed lunch. Make the night before and store in a glass jar or sealable box in the fridge, add the dressing in the morning and give it a good mix.

Makes: 1 portion • Preparation time: 15 minutes

## Ingredients

- 40g nest dried vermicelli rice noodles
- 1 spring onion
- ¼ small courgette or cucumber
- 1 small carrot
- 25g frozen petit pois or shelled edamame beans, defrosted
- 25g baby spinach leaves
- 1 tbsp fresh coriander

### Dressing:

- 1-2 tsp [soy sauce](#)
- ½-1 red chilli or ¼ tsp chilli flakes
- 1 tsp ginger
- ½ lime
- 1/3 garlic clove

## Equipment

- Kettle
- Small bowl
- Sieve
- Knife
- Measuring spoons
- Grater
- Fork

## Allergy information

**Soy sauce (soya & wheat): Gluten free soy sauce is readily available in the free from aisle.**

## Method

1. Soften the rice noodles in a bowl by covering with boiling water and soaking for 3-4 minutes or until tender. Rinse under cold water, drain, and add to a medium size bowl or a small jar.
2. Finely chop the chilli, ginger and garlic. Zest and juice the lime. Use a fork to whisk together the dressing ingredients in a small cup or bowl and put to one side.
3. Now, prepare the carrot into ribbons using the peeler and grate the courgette or cucumber. Add these to the noodles.
4. Finely chop the spring onion and coriander, then add to the noodles with the torn baby spinach and peas.
5. Pour the dressing over the noodles and mix well.

## Top tips

- Mix up the veggies and keep it colourful with red or green peppers or sweetcorn.
- If sesame is not a problem then add a teaspoon of sesame oil to the dressing for a lovely nutty flavour.

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