

THAI SALAD

Preparation time: 10 minutes

Cooking Time: 0 minutes

Serves: 2



Ingredients

50g rice vermicelli
2 sticks celery
¼ cup mint leaves
1 small cucumber
¼ cup Thai basil leaves
Dressing
80ml lemon juice
1 clove garlic, crushed
¼ cup roasted peanuts
1 small red chilli

Nutritional Information:

Kilojoules 640 kJ
Calories 150 cal
Protein 6 g
Total fat 10 g
Carbohydrate 10 g
Sodium 40 mg
Potassium 340 mg
Calcium 80 mg
Iron 1.8 mg
Fibre 4 g

Method

1. Soak rice vermicelli in boiling water until soft, rinse in cold water and allow to drain.
2. Thinly slice cucumber and celery and finely chop the chilli.
3. Combine the vegetables, vermicelli, herbs and dressing ingredients. Serve immediately.

Tips

Add some dry baked noodles on top for a little extra crunch.

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