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.