

Vegan Pad Thai Salad

Leanne Foreman
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large and medium mixing bowl
kitchen scales
measuring cups and spoons
chopping board and knife
vegetable peeler
coarse and fine grater
colander for draining noodles
garlic crusher
glass jar with a lid
spoon and fork for tossing salad

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1. Into the medium bowl, **add** 150 g (5 oz) **rice or kelp noodles**
enough **boiling water** to cover noodles

 2. Into the large bowl, **add**
 - 1 large **carrot**, coarsely grated
 - 1 large **zucchini**, coarsely grated
 - 1 cup shredded **cabbage** of choice
 - 1 cup sliced **shallots (green onions)**
 - 1 cup **bean or snow pea sprouts**
 - 1 cup **basil or coriander leaves**
 - 1 cup **mint leaves**
 - 1 cup **roasted peanuts or cashews**, coarsely chopped

 3. **Drain** the noodles and **add** to the salad.

 4. To make the **dressing**, **add** to the glass jar
 - ¼ cup **unrefined olive or coconut oil**
 - ¼ cup **organic tamari**
 - ¼ cup **raw tahini or peanut butter**
 - ¼ cup **lime juice**
 - 1 TBS finely grated **fresh ginger**
 - 1 TBS **honey or coconut syrup**
 - 1 **clove garlic**, crushed
 - ½ -1 tsp **dried chilli flakes**

 5. Tightly **screw on** the jar lid and **shake** until all the ingredients are well combined.

 6. **Pour** the dressing over the prepared salad and **toss** to combine.

 7. Can be served **garnished** with extra **dried chilli flakes**
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