

Vegetable Pad Thai Noodle Salad

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large, medium and small mixing bowls
kitchen scales
measuring cups and spoons
chopping board and knife
coarse and fine grater
colander
citrus juicer
garlic crusher
salad bowl or 4 to 6 serving plates

Do this

with these **ingredients**

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

 2. Into the large bowl, **add**
 - 1 large **carrot**, peeled and coarsely grated
 - 1 cup chopped **broccoli florets**
 - 1 cup finely shredded **cabbage** of choice
 - 1 cup sliced **shallots (green onions)**
 - 1 cup **bean or pea sprouts**
 - 1 cup loosely packed **coriander leaves**
 - 1 cup loosely packed **mint leaves**
 - 1 cup **roasted peanuts or cashews**, roughly chopped

 3. **Drain** the noodles, **rinse** with cold water, and **add** to the salad.

 4. To make the **dressing**:
In the small bowl, **whisk** together
 - ¼ cup **extra virgin olive, peanut 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 **coconut syrup or honey** (optional)
 - 1 clove **garlic**, peeled and crushed/minced
 - ½ -1 tsp **dried chilli flakes**

 5. **Pour** the dressing over the prepared salad, **toss** to combine and **serve**.
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