

Crunchy Noodle Salad



Serves



Cooking time



Cost per serve



Veg per serve



TIP
Add canned tuna, salmon, shredded chicken or leftover roast meat for some protein.



Ingredients

½ iceberg lettuce, 250g punnet cherry tomatoes, 1 carrot, 1 capsicum, 2 sticks celery, 1 small cucumber, 12 snow peas
6 mushrooms, 2 spring onions
2 tbsp olive oil
2 tbsp white wine vinegar
1 tbsp reduced salt soy sauce
½ tsp garlic powder
1 lemon or lime
100g crunchy noodles



Equipment

Chopping board
Knife
Large bowl
Small bowl
Spoon measures
Juicer (optional)
Fork
Tongs

How to make it



1. Finely slice all vegetables and place into a large bowl.



2. In a small bowl, combine 2 tbsp each of olive oil and white wine vinegar, 1 tbsp of soy sauce and ½ tsp of garlic powder.



3. Juice lemon or lime, add to small bowl and combine with a fork.



4. Pour dressing over the salad and toss salad with tongs until all ingredients are coated with the dressing.



5. Add 100g of crunchy noodles to the salad just before serving.