

Crunchy Noodle Salad

Dairy free
Vegetarian



Serves

4-6

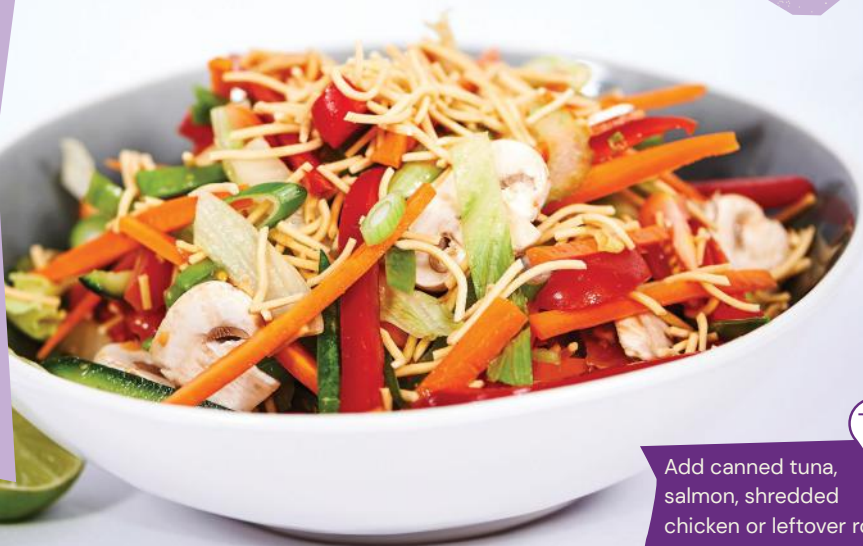
Cooking time



Veg per serve



4.5



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 salt-reduced 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.



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



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.



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.



nom!