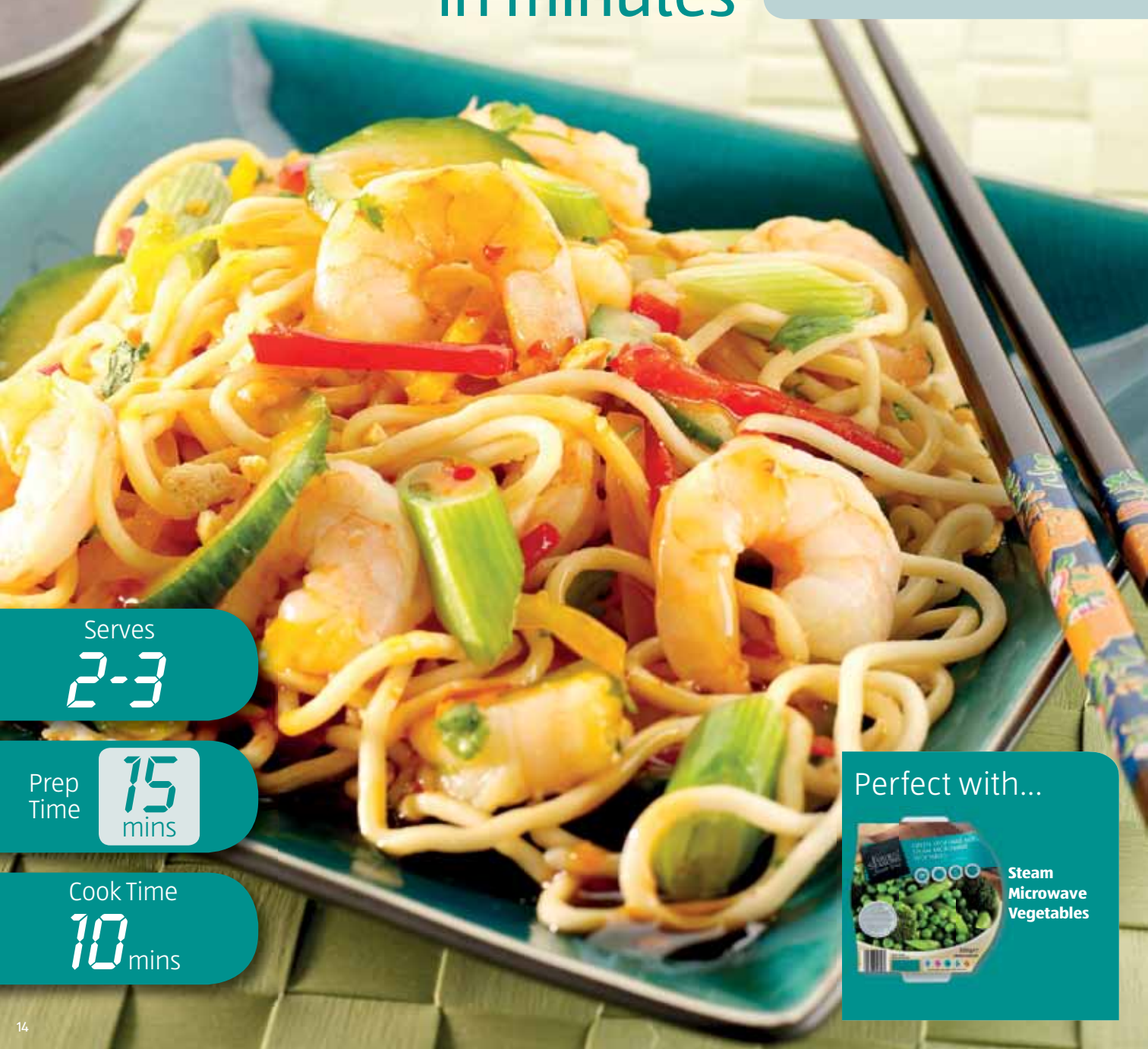


Garth McColgan Recipe

A Thai favourite in minutes

Thai Prawn Salad
with Noodles



Serves

2-3

Prep
Time

15
mins

Cook Time

10
mins

Perfect with...



Steam
Microwave
Vegetables

Garth McColgan

Thai Prawn Salad with Noodles

Ingredients

For Salad

1 packet Jumbo cooked and peeled Prawns, defrosted and juices reserved for the dressing
2 portions Egg Noodles, cooked as per pack instructions
1 tbsp Sunflower oil
¼ Red Pepper, thinly sliced
¼ Yellow Pepper, thinly sliced
3 Scallions sliced diagonally, 2cm long
¼ Cucumber, cut lengthways, deseeded with a spoon, and thinly cut in half-moons shape

For Dressing

2 tbsp Sweet Chilli Sauce
2 tbsp Light Soy Sauce
1 tbsp Lime Juice
Prawn juices

For Garnish

2 tbsp Dry Roasted Nuts, crushed in a sandwich bag
2 tbsp Coriander, roughly chopped

Method

1. Defrost the Jumbo prawns and reserve juices for the dressing.
2. Prepare vegetables as above.
3. Cook noodles as per pack instructions, run under cold water and toss in sunflower oil to prevent sticking together.
4. In a bowl mix all dressing ingredients together and stir.
5. Prepare garnish as above.
6. To assemble, in a large bowl mix the vegetables, prawns and noodles together then drizzle with dressing. Toss the salad and serve in a bowl.
7. Garnish by sprinkling nuts and fresh coriander on top. Tangy and Delicious.

Cooking Tip

This salad can be served warm. Simply proceed with hot noodles leaving out the instruction to run under cold water and tossing in oil to prevent sticking. Virtually fat-free.



Prawns

Sunflower Oil



Peppers

Chinese Medium Noodles

Cucumber

Lime

Coriander

Scallions

Sweet Chilli Sauce

Dry Roasted Peanuts

Light Soy Sauce

Soy Sauce