



Product Spotlight: Pepitas

These dried green kernels contain essential vitamins, minerals and antioxidants and are a great way to add crunch and flavour to muesli, salads and savoury dishes.



Creamy Peanut Noodle Salad

A fresh and vibrant noodle salad using Mrs Tran's rice vermicelli and a creamy cashew satay sauce, all tossed with fresh mint, cabbage and sprouts, finished with sweet and salty peanut cluster pieces.



25 minutes



2 servings



Plant-Based

Warm it up!

You can transform this dish into a noodle stir-fry! Toss the noodles, cabbage and carrot in a frypan with the satay sauce. Add tofu or mushrooms if you have some. Garnish with the remaining fresh ingredients.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	17g	46g	152g

FROM YOUR BOX

THICK RICE VERMICELLI NOODLES	300g
RED CABBAGE	1/4
CARROT	1
MINT	1 packet
RED CHILLI	1
SNOW PEA SPROUTS	1 punnet
NUT AND SEED MIX	100g
SATAY DRESSING	1 bottle

FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari), sugar (of choice)

KEY UTENSILS

large frypan, saucepan

NOTES

Use cabbage to taste. If your food processor has a slicing attachment, use it to slice the cabbage. A mandolin also works well!

You can use sesame oil to make the nut clusters. We used brown sugar and lined the pan with baking paper to stop sticking. Once cooked, place clusters onto a plate lined with baking paper.

Nut and seed mix: roasted peanuts, roasted cashews, pepitas.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** to boiling water and cook for 10–15 minutes until al dente. Drain and rinse under cold water.



2. PREPARE THE SALAD

Finely shred **cabbage** (see notes). Julienne or ribbon **carrot** using a peeler. Roughly chop **mint leaves** and slice **chilli**. Set aside with **sprouts**.



3. MAKE THE NUT CLUSTERS

Heat a frypan over medium-high heat with **2 tsp oil** (see notes). Add **nut and seed mix**, stir in **1 tbsp sugar** and **1 tbsp soy sauce**. Cook for 2–3 minutes until coated. Set aside on a lined plate to cool.



4. TOSS THE SALAD

Toss cooked **noodles** with prepared **salad** and **satay dressing** until well combined. Season with **soy sauce** to taste.



5. FINISH AND SERVE

Break apart the cooled **nut clusters** and scatter on top of **salad** to serve.



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