

Vietnamese Inspired Salad with Shirataki Noodles



Serves 5 (Serve size 212g)

Energy: 170kj (40Kcal), protein: 3g, total fat: 1g, saturated fat: 0g, carbohydrate: 5g, dietary fibre: 7g, sodium: 107mg per 100g

Ingredients

- Shirataki Noodles x 400g
- Spring Onions x 2 sprigs or 30g
- Cucumber x 2 or 200g
- Cherry Tomato x half punnet or 100g
- Carrot x 1 medium size or 100g
- Bean sprouts x 1 cup or good handful or 100g
- Coriander x half bunch rough chop or 20g
- Fresh Mint x 1 cup or handful or 10g
- Lemons x 2 medium size or 70g lemon juice
- Fish sauce x half teaspoon or quick splash
- Garlic x 1 small clove or 2g
- Chilli x 1 or 14g (Bananachillivariety is a good choice if you don't want much heat)

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- Lemongrass x half teaspoon or 4g (You can use store brought paste for ease and convenience)
- Stevia Liquid x 2 to 3 drops or 1g

Method

1. This is a very easy salad to put together
2. Prepare the Shirataki Noodles by soaking them in hot water for 2 minutes and then place them into cold water to cool them down, once cooled, drain and set aside
3. Deseed the cucumber with a small spoon and cut into diagonal slices
4. Diagonally cut the spring onions (you want thin pieces because you do not want to be overpowered by the spring onions)
5. Peel and grate the carrots
6. Cut cherry tomatoes into quarters lengthways
7. Pick leaves from the mint and shred by hand because metal knives will discolour the mint and add this herb just prior to serving
8. Roughly chop the coriander
9. Now place all the ingredients into a bowl and mix and serve

Dressing

10. Squeeze lemons into a bowl
11. Add the sliced chilli, garlic and lemongrass paste into the bowl
12. Stir in well making sure the lemongrass is mixed in
13. Add the fish sauce a bit at a time and taste, because the fish sauce can over power the dressing
14. Add in one drop at a time of the Stevia
15. Put a layer of mixed greens as your base and half of your sliced cucumbers
16. Layer the blanched asparagus
17. Add the other half of your sliced cucumbers
18. Sprinkle your lemon zest on top for that extra zingy flavour

***Note** The two options is to either put dressing into a side dish and add as you go along or just live a little and add all to your salad.