

Asian Salad with Crunchy Noodles

Asian Salad with Crunchy Noodles! Add shredded cabbage, carrots, bean sprouts, crunchy noodles and an Asian inspired dressing and you've got one very healthy salad. You don't have to stop there! Top it with pork patties or shredded chicken to make it a great all round meal.



I really don't make this salad often enough. Great colours, great textures and heaps of crunch!

The dressing is Asian inspired; it's sweet, salty, sour with a little heat. Once you've tossed it through what is really a large bowl of very humble ingredients, it tastes amazing!

EXTRAS

1. **Tofu:** cut into small cubes, tofu will add a soft, creamy texture to the salad; it's wonderfully rich in protein too.
2. **Pork Patties:** in keeping with the Asian theme, my [Vietnamese pork patties](#) complement the flavours of this salad really well. They are also very easy to make!
3. **Shredded Chicken:** if you'd like to keep it light and simple, poaching a couple of chicken breasts and shredding them is a good way to go (note 1).
4. **Beef:** my [Cambodian Beef Lok Lak](#) (intensely flavoured cubes of beef) would taste great and also make a stunning contrast to the colours of the salad.



I've included 4 ways you could extend this recipe, but I'm sure there's many more!

Danielle

Preparation Time: 15 minutes (doesn't include extras)

Servings: 5



Ingredients

- 200 g / 7 oz (roughly 2 cups) shredded white cabbage (note 2)
- 200 g / 7 oz (roughly 2 cups) shredded red cabbage
- 2-3 medium carrots, julienned/cut into match sticks
- 200 g / 7 oz bean sprouts
- 3 scallions/spring onions, sliced
- 1- 2 handfuls of cilantro/coriander leaves
- 50 g / 2 oz crunchy noodles, plus extra for topping (note 3)

The Dressing

- 1 1/2 – 2 tbsp brown sugar
- 3 tbsp white vinegar
- 2 tbsp soy sauce
- 1 tbsp lemon juice
- 2 tbsp oil (note 4)
- 2 tsp sesame seed oil
- 1/4 tsp white pepper
- 1/4 tsp chilli flakes

Instructions

1. Place all the dressing ingredients in a small jar. Shake well (note 5).
2. Combine the salad ingredients in a large bowl.

3. Pour the dressing on top. Toss well.
 4. Add extra crunchy noodles on top. Serve as is (it's delicious) or add some protein (see **Extras** in introduction).
-

Notes

1. Fill a medium saucepan with water. Bring it to the boil. Slide the chicken breasts in. Add more water if needed to cover the chicken. Once the water has come back up to boiling point, place the lid on and **remove** from the stove. Allow to stand for 20-25 minutes. Remove from the saucepan. Slice or shred.
2. I simply sliced the cabbage thinly. It just looks shredded.
3. I picked up these crunchy noodles from the Asian section of my supermarket. This is one type; there are others. Add them just before serving the salad otherwise they will become soggy.
4. I've been using grapeseed oil lately and loving it. It's so mild and delicate. Alternatively, vegetable or canola oil would be fine.
5. Like the crunchy noodles, you need to add the dressing **just before** serving. If you add it too far ahead, the salad will go limp. Without the dressing, the salad can last 3 -4 days in an air tight container.