



Oriental prawn tagliatelle salad

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



592 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g tagliatelle fresh
- ☐ 2 carrots cut into thin sticks
- ☐ 1 bunch spring onion cut into shreds
- ☐ 0.3 cucumber cut into thin ribbons
- ☐ 200 g prawn cooked peeled
- ☐ 5 tbsp unrefined sunflower oil
- ☐ 2 tbsp soya sauce light
- ☐ 2 tbsp citrus champagne vinegar

- ☐ 1 tbsp ginger fresh finely chopped
- ☐ 1 large garlic clove crushed
- ☐ 1 tsp clear honey
- ☐ 4 servings sesame oil
- ☐ 100 g beansprout fresh
- ☐ 100 g beansprout fresh

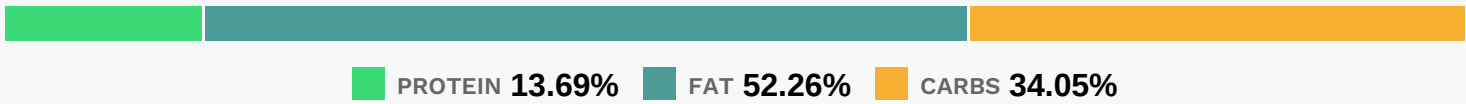
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Put the beansprouts in a bowl, cover with cold water and leave for 10 minutes, then drain (this crisps them up). Meanwhile cook the pasta in a pan of boiling salted water according to the packet instructions.
- ☐ Tip the pasta into a colander and run under the cold tap, then drain thoroughly. Toss with the carrots, spring onions, cucumber, prawns and beansprouts.
- ☐ For the dressing, whisk together the sunflower oil, soy sauce, vinegar, ginger, garlic and honey.
- ☐ Pour over the pasta and lightly toss.
- ☐ Drizzle with a little sesame oil to serve. You can make this up to 4 hours ahead – keep it chilled until ready to serve.

Nutrition Facts



Properties

Glycemic Index:62.53, Glycemic Load:20.72, Inflammation Score:-10, Nutrition Score:20.162173768748%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 592.29kcal (29.61%), Fat: 34.67g (53.34%), Saturated Fat: 4.52g (28.25%), Carbohydrates: 50.83g (16.94%), Net Carbohydrates: 47.5g (17.27%), Sugar: 4.65g (5.16%), Cholesterol: 133mg (44.33%), Sodium: 598.77mg (26.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.88%), Vitamin A: 5207.47IU (104.15%), Selenium: 49.54µg (70.77%), Vitamin E: 7.86mg (52.41%), Manganese: 0.68mg (34.2%), Phosphorus: 288.57mg (28.86%), Copper: 0.43mg (21.64%), Vitamin K: 20.97µg (19.97%), Magnesium: 65.73mg (16.43%), Zinc: 2.06mg (13.72%), Fiber: 3.33g (13.32%), Potassium: 457.33mg (13.07%), Vitamin B6: 0.22mg (11.04%), Iron: 1.95mg (10.82%), Vitamin B3: 2.03mg (10.13%), Vitamin B1: 0.14mg (9.52%), Folate: 32.26µg (8.06%), Calcium: 74.87mg (7.49%), Vitamin B5: 0.75mg (7.46%), Vitamin B2: 0.1mg (5.83%), Vitamin C: 3.89mg (4.72%), Vitamin B12: 0.18µg (3.02%), Vitamin D: 0.19µg (1.25%)