



## Thai chicken noodle salad

 Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 5 oz chicken
- ☐ 3 slices ginger fresh
- ☐ 2 spring onion roughly chopped
- ☐ 2 garlic clove
- ☐ 175 g vermicelli
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 100 g asparagus trimmed cut into short lengths
- ☐ 175 g sugar snap peas cut into thin strips lengthways) or green beans (cut into short lengths)

- ☐ 4 spring onion shredded
- ☐ 175 g cherry tomatoes halved
- ☐ 2 juice of lime
- ☐ 2 tbsp coconut sugar light
- ☐ 5 tbsp fish sauce
- ☐ 1 pepper flakes red deseeded finely chopped
- ☐ 1 handful mint leaves for garnish
- ☐ 1 handful roasted peanuts salted roughly chopped

## Equipment

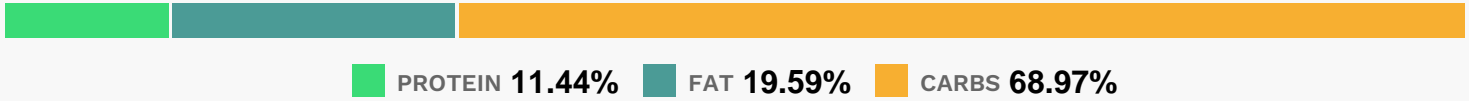
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ kitchen scissors

## Directions

- ☐ Put the chicken in a large heavy pan or flameproof casserole, then add the ginger, spring onions and garlic, plus a good sprinkling of salt. Cover with water, bring to the boil, reduce the heat, then cover tightly. Simmer the chicken for 1-1 hrs until tender. Leave to cool for 15 mins, then remove the chicken from the pan and strip off the meat. (The stock can be cooled and frozen for soups, sauces and casseroles.) Tear the chicken into bite-size chunks, then leave to cool.
- ☐ Put the noodles in a large heatproof bowl and cover with boiling water. Leave for 4 mins, drain, rinse in cold water, then return to the bowl. Use a scissors to snip into short lengths, then toss with the oil to stop them sticking together.
- ☐ Cook the asparagus for 3-4 mins in boiling salted water, then tip into a sieve and cool under cold running water.
- ☐ Drain well. If using green beans, cook them with the asparagus. If using sugar snaps, they wont need to be cooked.
- ☐ To make the dressing, mix the lime juice with the sugar until it has dissolved.

- ☐
- Add the fish sauce and chillies, then mix well. To serve, put all the salad ingredients in a large bowl with most of the basil and mint leaves.
- ☐
- Pour over the dressing and toss everything together well. Pile into a large serving bowl, then scatter over the peanuts and the remaining basil and mint.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:16.41, Inflammation Score:-7, Nutrition Score:11.775217301172%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 203.9kcal (10.2%), Fat: 4.48g (6.89%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 35.49g (11.83%), Net Carbohydrates: 33.13g (12.05%), Sugar: 6.34g (7.05%), Cholesterol: 8.5mg (2.83%), Sodium: 1255.42mg (54.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.77%), Vitamin C: 41.95mg (50.85%), Vitamin K: 41.31µg (39.34%), Manganese: 0.38mg (18.81%), Vitamin A: 827.79IU (16.56%), Vitamin B6: 0.25mg (12.63%), Magnesium: 50.39mg (12.6%), Selenium: 8.42µg (12.02%), Folate: 45.43µg (11.36%), Phosphorus: 106.7mg (10.67%), Vitamin E: 1.6mg (10.67%), Iron: 1.91mg (10.61%), Vitamin B3: 1.9mg (9.48%), Fiber: 2.35g (9.41%), Potassium: 311.18mg (8.89%), Vitamin B1: 0.11mg (7.57%), Copper: 0.14mg (7.15%), Vitamin B2: 0.1mg (5.96%), Vitamin B5: 0.49mg (4.87%), Calcium: 47.54mg (4.75%), Zinc: 0.7mg (4.69%), Vitamin B12: 0.11µg (1.79%)