

ASIAN STYLE NOODLE SALAD

With Egg, cucumber, peanuts and herbs



Ingredients

Serves 6 as a side

- 200g or 2 bundles of dried (organic) soba noodles
- 2 spring onions
- A handful of bean sprouts
- 4 thinly sliced cucumbers
- 6 free range eggs and dash of soy sauce
- Small bunch Mint or Vietnamese mint and Thai basil
- A handful of peanuts- roasted

Dressing-

- 5 tablespoons of rice vinegar
- 2 tablespoons fish sauce/ soy sauce
- 2 tablespoons of grated palm sugar
- One chili chopped finely. One clove garlic- crushed

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- **Boil a pan of water and put in the noodles for 5 minutes- test if cooked. Drain in a colander and run under cool water, add a little sesame oil and set aside.**
- **Make the Asian omelet- Get the eggs and whisk in a bowl with a fork, add a couple of drops of soy sauce and a little rice wine vinegar (surplus to the dressing)**
- **Heat a little oil in a crepe pan and add half the egg mixture. Cook until firm and then flip and cook the other side. Set aside and then cut into strips. Cook the other half of the mixture and do the same**
- **Thinly slice the cucumber and cut the herbs and slice the chili, crush the garlic**
- **Mix all the ingredients and sprouts with the noodles**
- **Arrange the egg top, sprinkle on the peanuts**
- **Pour over the dressing and lightly toss**
- **Garnish with herbs**

All kinds of ingredients can be added to noodle salad- snake beans, wing beans, marinated and seared kangaroo, seafood, capsicum, tofu or tempee.

The important part is the balance of flavours in the dressing