

# VIETNAMESE NOODLE SALAD

4 serves

Calories: 117kcal, Carbohydrates: 26g, Protein: 4g, Fat: 1g, Fibre: 4g

## INGREDIENTS

Salad:

- 200g (dried) thin vermicelli rice noodles; *substitute with any thin noodle*
- 2 cucumbers julienned
- 2 carrots julienned
- 2 cups fresh herbs - basil, cilantro, mint - packed tightly
- lime wedges - (garnish)
- crushed peanuts - (garnish)
- Optional - bean sprouts, green beans, shredded lettuce and fresh chilli

Dressing:

- ¼ cup fish sauce
- ¼ cup sugar
- ⅓ cup water
- 2 Tablespoons lime juice - - *freshly squeezed (about half a lime)*
- 2 teaspoons rice wine vinegar
- 1 clove garlic - - *minced*
- 1 small Thai chili pepper - - *(optional) finely diced*

## DIRECTIONS

1. Rehydrate vermicelli noodles by soaking them in boiling water for about 3 minutes or until completely soft. Drain the noodles and set them aside in a colander to drain off excess water.

2. Place all dressing ingredients into a jar or small bowl and stir to combine. Taste and adjust according to your preferences. Makes about 1 cup of sauce.
3. Place the noodles in a large bowl and top with the vegetables and herbs. Add the dressing and toss to combine.