

# Spicy Noodle Salad

## Ingredients

- 2 Cloves Garlic
- 5 g sesame seeds
- 2 tablespoons Sesame Oil
- 1 small red chilli, finely sliced
- 1 teaspoon Soy Sauce
- 1 packet Maggi 3 minute Curry Noodles
- 0.5 bunch spring onions, sliced
- 2 tablespoons Lime Juice
- 100 g Red Cabbage
- 0.5 Medium red pepper, deseeded and sliced
- 2 tablespoons Peanuts
- 100 g carrots, grated

## Instructions

1. Cook the noodles for 3 minutes in plain water (reserve the seasoning sachet for later), drain then rinse well under cold water. Chill until needed.
2. Put the garlic, chilli flakes and seasoning from the noodle pack into a large heatproof bowl.
3. Heat the oil until very hot but not smoking and pour over the ingredients in the bowl. It should bubble up!
4. Mix in the soy sauce, lime juice and sugar.
5. Mix the vegetables into the dressing with the noodles and toss everything together. Serve.

## Nutrition

Carbohydrate	20.08 g
Energy	283.95 kcal
Fat	21.5 g
Fibre	21.5 g
Protein	5.94 g
of which: saturates	5.94 g
Sodium	327.43 mg
of which: sugars	6.85 g

10 Minutes

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