

Asian Noodle Salad

Calories: 53 kcal

Servings: 4

Time: 25 Mins

Ingredients

- 60.00 g Capsicum (julienne)
- 50.00 g Carrots (in long ribbons with a vegetable peeler)
- 10.00 g Coriander (fresh, finely sliced)
- 80.00 g Cucumber (in long ribbons with a vegetable peeler)
- 400.00 g Konjac Noodles
- 10.00 g Mint (leaves, finely sliced)
- 60.00 g Snow Peas (julienne)
- 20.00 g Spring Onion (sliced)
- 120.00 g Wombok Cabbage (shredded)

Instructions

1. Mix all the vegetables together in a large bowl.
2. Boil and pot of water and cook noodles according to packet directions, then rinse well.
3. To make the dressing, combine the lime juice, lime zest, grated ginger, tamari, sesame oil, flaxseed oil, and honey in a small bowl.
4. Add the noodles and dressing to the vegetables and toss well to combine. Serve as is or with your preferred protein.