

# Crunchy Chinese Salad

Serves 4



## Ingredients (allergens in bold)

- ½ head Chinese leaves, finely shredded
- 100g beansprouts, washed and drained well
- 6 radishes, washed and sliced
- 100g mange tout, each sliced into 3 pieces
- 1 large carrot, scrubbed or peeled and cut into fine strips or ribbons
- 1 orange, segmented or ½ mango, sliced

## For the dressing

- Juice of 1 orange
- 1 tbsp sesame seeds
- 1 tsp honey
- 1 tsp sesame oil

## For the topping

- 25g dried fine rice noodles
- 1 tbsp sunflower oil

## Method

1. Prepare the vegetables and fruit as outlined in the ingredients list and then place them all in a salad bowl.
2. Whisk together the orange juice, sesame seeds, honey and sesame oil to make the dressing. Pour this dressing over the vegetables and toss together.
3. Break the rice noodles into small lengths. Heat the sunflower oil in the frying pan, then sprinkle in the broken rice noodles and cook for a minute until golden and a bit puffed up. Let them cool down.
4. Sprinkle the fried rice noodles over the salad for a crunchy topping.



## Equipment

- colander or large sieve
- chopping board
- sharp knife
- peeler
- large salad bowl
- citrus juicer
- spoons
- frying pan
- wooden spoon or spatula

## Recipe notes and tips

- Any crunchy veg that are nice eaten raw can be used in this salad, for example broccoli, green beans, shredded sprouts, red cabbage, peppers.
- Chopped peanuts can be sprinkled on the top instead of the fried rice.