



## Asian Noodle And Tiger Prawn Salad

### Ingredients (Serves 4)

700g large raw tiger prawns

5 limes, zest and juice only

#### For the marinade:

3 red chillies, diced

2 thumb-size pieces ginger, grated

2-3 tbsp Olive oil

#### For the noodles:

200g pakchoi, shredded

25g coriander

1.5 tsp sesame oil

70g peanuts, chopped

140g egg noodles (raw weight), cooked, cooled and oiled

salt and freshly ground black pepper

3 chillies cut into strips

#### For the dipping sauce:

3 tbsp sweet chilli sauce

2 tbsp passion fruit, juice only

### Method

1. Split the prawns down the middle and put them, split side up, in a bowl.
2. Chop two of the chillies and half the ginger. Add half the olive oil to the chopped chilli and ginger. Pour this over the prawns and mix well.
3. Place the prawns cut side down on a hot griddle pan. Turn the prawns after two minutes – drain of any oil.
4. At this point, pour half the lime juice and zest over them and leave to cook for another two minutes.
5. Meanwhile, make the noodle salad. Add the shredded pakchoi, coriander, sesame oil, a splash of vegetable oil, the remaining lime juice (reserving one teaspoon), lime zest and the peanuts to the cooked noodles.
6. Cut the remaining ginger and chillies into fine strips and add them to the noodles. Season to taste.
7. For the dipping sauce, mix two tablespoons of sweet chilli sauce with the passion fruit juice and one teaspoon of lime juice.
8. Serve in a bowl.

### Key Nutrients

Nutrient	Per 100g	% RNI	Per 401g Serving	% RNI	
Energy kJ	541	6%	2171	25%	
Energy kcal	128	6%	515	25%	
Fat	3.4g	4%	13.5g	19%	Med
Saturates	0.6g	3%	2.3g	11%	Low
Total Sugars	5.0g	5%	20.2g	22%	Low
Salt	0.30g	5%	1.30g	21%	Low
Protein	10.4g	-	41.6g	-	-

Reference Intake of an Average Adult (8400kJ/2000kcal)

**Allergen Info: Crustaceans, Peanuts, Sesame, Wheat, Eggs**