



U**COOK**

Artichoke & Rice Noodle Salad

with a satay sauce

Hands-on Time: 10 minutes

Overall Time: 15 minutes

Lunch: Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	710kj	2418kj
Energy	170kcal	578kcal
Protein	5.3g	18g
Carbs	25g	84g
of which sugars	4.6g	15.8g
Fibre	2.3g	7.7g
Fat	6.1g	20.8g
of which saturated	1.7g	5.7g
Sodium	368.5mg	1254.1mg

Allergens: Gluten, Peanuts, Wheat, Sulphites, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Rice Vermicelli Noodles
60ml	120ml	Satay Sauce <i>(25ml [50ml] Low Sodium Soy Sauce, 5ml [10ml] Honey & 30ml [60ml] Peanut Butter)</i>
30g	60g	Artichoke Quarters <i>drain & halve</i>
100g	200g	Cabbage <i>rinse & thinly slice</i>
20g	40g	Piquanté Peppers <i>drain</i>
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

- 1. READY THE RICE NOODLES** Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. Drain by placing a plate over the bowl, leaving a small gap for the water to drain, and tilting the bowl over a sink.
- 2. LET'S PREP** While the noodles are soaking, whisk 100ml [200ml] of boiling water into the satay sauce until emulsified.
- 3. ADD, SEASON, ENJOY!** To the noodles, add the veg, the sauce, and seasoning. Mix until combined. Garnish with the mint and enjoy, Chef!