



UCCOOK

Turkey Asian Noodle Salad

with dried mango

Hands-on Time: 5 minutes

Overall Time: 10 minutes

Lunch: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	855kJ	1868kJ
Energy	205kcal	447kcal
Protein	10.4g	22.8g
Carbs	34g	75g
of which sugars	10.3g	22.5g
Fibre	1.3g	2.8g
Fat	3.1g	6.7g
of which saturated	0.5g	1.1g
Sodium	453mg	988mg

Allergens: Cow's Milk, Egg, Gluten, Wheat, Sulphites, Fish, Soy, Shellfish

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3 cakes	4 cakes	Egg Noodles
3 packs	4 packs	Sliced Smoked Turkey <i>roughly tear</i>
60g	80g	Dried Mango <i>roughly chop</i>
120g	160g	Edamame Beans
150ml	200ml	Chilli-soy Salad Dressing <i>(45ml [60ml] Lemon Juice, 45ml [60ml] Rice Wine Vinegar, 22,5ml [30ml] Low Sodium Soy Sauce, 7,5ml [10ml] Chilli Oil, 22,5ml [30ml] Brown Sugar & 7,5ml [10ml] Fish Sauce)</i>

From Your Kitchen

Seasoning (salt & pepper)
Water

1. NOODLES Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Cook in the microwave until al dente, 5-8 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. LUNCH IS READY In a salad bowl, combine the noodles, the turkey pieces, the dried mango, and the edamame beans. Drizzle over the salad dressing and enjoy!