



UCOOK

Artichoke & Rice Noodle Salad

with a satay sauce

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Lunch: Serves 3 & 4

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 3	[Serves 4]	
225g	300g	Rice Vermicelli Noodles
180ml	240ml	Satay Sauce (75ml [100ml] Low Sodium Soy Sauce, 15ml [20ml] Honey & 90ml [120ml] Peanut Butter)
90g	120g	Artichoke Quarters <i>drain & halve</i>
300g	400g	Cabbage <i>rinse & thinly slice</i>
60g	80g	Piquanté Peppers <i>drain</i>
150g	200g	Cucumber <i>rinse & cut into thin rounds</i>
8g	10g	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 300ml [400ml] 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!