



# wCOOK

## Satay Noodle Salad

with crispy onion bits

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**Hands-on Time:** 10 minutes

**Overall Time:** 10 minutes

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**Lunch:** Serves 1 & 2

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**Chef:** Lauren Nel

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### Nutritional Info

	Per 100g	Per Portion
Energy	778kJ	2158kJ
Energy	186kcal	516kcal
Protein	6.6g	18.3g
Carbs	28g	79g
of which sugars	8.1g	22.5g
Fibre	2.4g	6.8g
Fat	6.1g	16.8g
of which saturated	1.6g	4.3g
Sodium	672mg	1863mg

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**Allergens:** Peanuts, Gluten, Wheat, Soya, Allium

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**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
50g	100g	Rice Vermicelli Noodles
40g	80g	Edamame Beans
20ml	40ml	Peanut Butter
80ml	160ml	Zingy Soy <i>(35ml [70ml] Soy Sauce, 7.5ml [15ml] Lemon Juice &amp; Honey 7.5ml [15ml])</i>
3g	5g	Fresh Coriander <i>rinse &amp; roughly chop</i>
75g	150g	Shredded Cabbage & Julienne Carrots
5g	10g	Crispy Onion Bits
2.5ml	5ml	Dried Chilli Flakes

## From Your Kitchen

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Water

Seasoning (salt & pepper)

**1. OODLES OF NOODLES** Boil the kettle. Place the noodles in a bowl and submerge in boiling water. Season and set aside to rehydrate, 6-8 minutes. In the final 2-3 minutes, add the edamame beans. 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. ZINGY, NUTTY SAUCE** In a salad bowl, combine the peanut butter, zingy soy and 2 [4] tbsp of hot water. Mix until a smooth dressing has formed. Once your noodles have cooked, toss them through the dressing.

**3. TIME TO SAVOUR** Gently toss the cabbage and carrot through the noodles and season. Top with the chilli flakes and crispy onion bits. Garnish with the coriander and lunch is ready!