

## Recipe

# Noodle Salad

Serves 2

## Ingredients

### For the noodle salad:

- 150g 'straight to wok' medium noodles
- 1/8 small red or white cabbage
- 1/4 cucumber
- 1 spring onion
- 1 small carrot
- 75g tinned sweetcorn
- 1 tbsp sweet chilli sauce
- 1/2 tbsp soy sauce

## Required equipment

- Teaspoon
- Chopping board
- Serrated knife
- Grater
- Large bowl
- Tongs
- Peeler

## Method

1. Cut off the hairy root end and the top of the dark green leaves from the spring onion. Also remove the papery outside layer of skin. **Using the claw grip**, cut into even rounds and put into the bowl of noodles
2. Cut the cucumber in half lengthways using the bridge hold and then using a teaspoon, scrape the seeds out of the middle of the cucumber. **Using the claw grip**, cut into half-moons, and put them into the bowl of noodles
3. Peel the carrot, then using a grater coarsely grate the carrot and add to the bowl with the noodles
4. **Using the claw grip**, finely slice the cabbage into thin strips and add to the bowl of noodles
5. Scatter the sweetcorn over the bowl of noodles
6. Pour the soy sauce and sweet chilli sauce mixture over the noodles and vegetables and mix together well
7. Eat and enjoy!

## Teacher instructions:

### Set up notes

- Follow the instructions on the packet of 'ready to wok' noodles and microwave with a little water beforehand and put into a large bowl for students to mix their salad in
- Measure the soy sauce and sweet chilli sauce together

### Ways to eat this

- Can be eaten straightaway at school
- Can be taken home in a tub with a tight-fitting lid, store in the fridge until taken home

### Serving dishes if eaten at school

- Two plates or bowl and forks or chopsticks

### Reheating/cooking at home instructions

- N/A

### Additional information

- A lovely recipe for students to share sociably together at school

**Allergens – gluten, soy**