

Recipe name:

Asian Style Egg Noodle Salad

Recipe description:

Whip up this simple & fresh Egg Noodle & Mango Salad recipe with a sweet & tangy dressing, bursting with Asian-style flavours. A delicious side dish or lunch.

Prep time:

10 mins

Cook time:

40 mins

Serves:

10

Made with:

PEPPADEW® Sweet Piquanté Peppers

Course:

Lunch / Side

Occasion:

Quick & Easy / Salad

Ingredients:

- 350 g coleslaw mix, cabbage & carrot
- ½ red cabbage, finely sliced
- 500 g egg noodles, dry
- 150 g PEPPADEW® Sweet Piquanté Peppers Mild or Hot Whole, drained
- 1-2 ripe mangos, peeled and sliced
- 1/4 cup sesame seeds, toasted
- ¼ cup cashew nuts, toasted

- 1 bunch coriander
- Mint leaves to garnish

FOR THE DRESSING:

- 100 ml sesame oil
- 100 ml olive oil
- 100 ml soya sauce
- ½ cup honey
- 2 Tbsp fish sauce
- 4 cm ginger, grated

Method:

- 1. To make the dressing, combine all the ingredients in a screw top jar, place the lid on tightly and shake well to combine.
- 2. To make the salad, rehydrate the egg noodles in boiling water, drain and pat dry.
- 3. Toss all the salad ingredients together, except for the sesame seeds, cashew nuts, coriander & mint, and arrange on a large platter.
- 4. Garnish with the sesame seeds, cashew nuts, coriander and mint.
- 5. Serve immediately, with the dressing.