

Japanese vegetable, noodle & prawn salad



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Preparation: about 25 mins **Cooking:** about 8 mins **Serves:** 4

Ingredients:

- 180g dried soba or somen noodles
- 1 1/2 cups finely shredded white radish (daikon)
- 1 medium Lebanese cucumber, finely diced
- 4 green onions, thinly sliced diagonally
- 1 celery stick, thinly sliced diagonally
- 500g cooked medium-king prawns, peeled and halved lengthways
- 60g mizuna leaves or snow pea sprouts
- 2 tsp toasted sesame seeds

Lime dressing

- 1/4 cup peanut or grape seed oil
- 1/4 cup mirin
- 2 tsp sesame oil
- 1 1/2 tbs salt reduced soy sauce
- 1/4 cup lime juice
- 1 tbs caster sugar

Method:

1. Cook noodles in a large saucepan of boiling water, following packet directions, for 3–4 minutes or until tender. Drain, refresh in cold water and set aside to cool.
2. Combine cold noodles, white radish, cucumber, green onions, celery, prawns and mizuna or snow pea sprouts in a large bowl.
3. To make dressing, combine ingredients in a large screw-top jar. Shake until sugar dissolves.
4. Drizzle noodle salad with dressing. Toss gently to combine. Sprinkle with sesame seeds and serve.



White radish (daikon):

- A good source of vitamin C. This vitamin is essential for healthy gums.
- A source of dietary fibre which helps the digestive system to function normally.
- Provide some potassium. Foods that provide potassium help balance adverse effects from the sodium that comes from salt.
- Low in kilojoules