



## SATAY VEGGIE, TOFU & RICE NOODLE SALAD



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Preparation 30 mins | Cooking 5 mins | Serves 4

### Satay dressing:

$\frac{3}{4}$  cup mild satay sauce  
 $\frac{1}{3}$  cup reduced fat coconut milk  
2 tbs sweet chilli sauce

### Rice noodle salad:

200g dried rice stick noodles  
250g broccoli, cut into bite-sized florets  
125g snow peas, trimmed  
1 large carrot, shredded lengthways  
 $1\frac{1}{2}$  cups bean sprouts, trimmed  
250g tomato medley or cherry tomatoes, halved  
200g firm tofu, cut into 1cm cubes  
coriander leaves, to serve

**STEP 1** To make dressing, combine ingredients in a small saucepan over low heat. Bring to the boil and cook for 2 minutes. Transfer to a heatproof jug and set aside to cool.

**STEP 2** Place rice noodles into a heatproof bowl. Cover with boiling water and stand for 10 minutes or until just tender. Drain, separate noodle and place into a large bowl.

**STEP 3** Meanwhile, plunge broccoli into a frying pan of boiling water over high heat. Cook for 1-2 minutes until vibrant, remove with a slotted spoon and refresh in cold water. Add snow peas to the boiling water and cook for 30 seconds, drain and refresh in cold water. Pat vegetables dry using paper towel.

**STEP 4** Add broccoli, snow peas, carrot, bean sprouts, tomatoes and tofu to rice noodles. Pour over the cooled satay dressing and gently toss to combine. Spoon into serving bowls, top with coriander and serve.

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