

Satay vegetable & rice noodle salad



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Preparation about 15 minutes

Cooking about 15 minutes

Serves 4

200g dried rice stick noodles

200g broccoli, cut into small florets

100g snow peas, trimmed

115g baby corn, sliced

1 carrot, shredded

1 cup bean sprouts, trimmed

1 cup mild satay sauce

½ cup light coconut milk

¼ cup sweet chilli sauce

1. Place rice noodles in a heatproof bowl. Cover with boiling water and stand for 5 minutes or until tender. Drain, separate noodles and place in a large bowl.
2. Cook broccoli in a frying pan of boiling water for 2–3 minutes until just tender. Remove with a slotted spoon, refresh in cold water and drain. Repeat method cooking snow peas and baby corn for 1 minute or until vibrant. Add vegetables, carrot and snow peas to noodles.
3. To make dressing, combine satay sauce, coconut milk and sweet chilli in a small saucepan over low heat. Bring to the boil and simmer for 2 minutes. Pour dressing over salad, toss to combine and serve.



Broccoli

- One of the most nutritious of all vegetables with iron, potassium and a high content of vitamins, including vitamin C. The body needs this vitamin for healthy gums and connective tissue throughout the body.
- A good source of folate, one of the B complex vitamins that is important for heart health.