

Vietnamese Chicken Noodle Salad with Roasted Cashews

We always find ourselves craving Vietnamese cuisine in the warmer months. It's always fresh and light, but big on flavour and plenty filling. This chicken noodle salad is no exception – thigh meat is wonderfully moist and can hold its own amongst bold chilli, capsicum, herbs and cashews.



Prep: 10 mins Cook: 20 mins Total: 30 mins



level 1



eat me early



spicy

Pantry Items









Vermicelli Noodles Long Red Chilli







Chicken Thighs





Coriander









Mint

Red Capsicum Roasted Cashews

| 2P | 4P | Ingredients |
|----------|-----------|--|
| ½ packet | 1 packet | vermicelli noodles (use correct amount) |
| 2 tbs | 4 tbs | salt-reduced soy sauce * |
| 1 | 2 | long red chilli, deseeded & finely chopped |
| 1 | 2 | lime, juiced |
| 2 tsp | 4 tsp | brown sugar * |
| 2 tsp | 4 tsp | fish sauce * |
| ½ tbs | 1 tbs | warm water * |
| 1 packet | 2 packets | free range chicken thighs |
| 1 bunch | 2 bunches | coriander, leaves picked |
| 1 bunch | 2 bunches | mint, leaves picked |
| 1 | 2 | carrot, peeled & grated |
| 1 | 2 | red capsicum, thinly sliced |
| 1 packet | 2 packets | roasted cashews |

Ingredient features in another recipe

Pantry Items

Pre-preparation

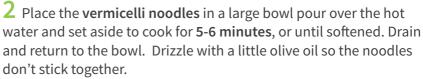
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| Huditaon per serve | | | | | |
|--------------------|------|----|--|--|--|
| Energy | 2580 | Kj | | | |
| Protein | 43.7 | g | | | |
| Fat, total | 21.7 | g | | | |
| -saturated | 5.5 | g | | | |
| Carbohydrate | 59.4 | g | | | |
| -sugars | 16.4 | g | | | |
| Sodium | 991 | mg | | | |

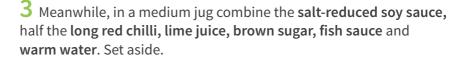


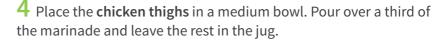
You will need: chef's knife, chopping board, vegetable peeler, kettle, large bowl, sieve, medium jug, medium bowl, medium frying pan and tongs.

1 Bring a full kettle of water to the boil.



Note: Using extra noodles will alter the flavor.





5 Heat a medium lighly greased frying pan over a medium-high heat. Shake off the excess marinade and cook the chicken thigh for **3-4 minutes**, each side or until golden and cooked through. Remove from the heat and slice into 1 cm thick pieces.

6 Now assemble the salad, add the cooked chicken, **coriander** and **mint** (reserving some for the garnish), grated **carrot** and thinly sliced **red capsicum** to the noodles. Pour over the remaining sauce and toss to combine. (Caution: do not use sauce from the bowl of marinated chicken).

To serve, divide the salad between bowl. Top with **roasted cashews**, remaining herbs and long red chilli. Enjoy!

Did you know? Cashews are technically seeds, not nuts!





