

SYDNEY MARKETS
Fresh for Kids

veggie & chicken noodle salad



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Preparation 20 mins | Serves 4

450g fresh thin hokkien noodles
½ barbecued chicken, skin and bones discarded and flesh shredded
1 carrot, shredded
2 young stems celery (leaves attached), thinly sliced
2 Lebanese cucumbers, thinly sliced lengthways (use a veggie peeler)
2 green onions (shallots), trimmed and thinly sliced
½ small yellow capsicum, trimmed and diced
¼ cup coriander leaves, chopped
¼ cup salt reduced soy sauce
2 tbs honey
1 tbs rice bran oil or vegetable oil
Fried shallots or chopped roasted unsalted peanuts, to serve (optional)

STEP 1 Place noodles into a large heatproof bowl. Cover with boiling water and leave to stand for 2-3 minutes until tender. Separate noodles and drain well. Dry bowl and return drained noodles to the bowl.

STEP 2 Add chicken, carrot, celery, cucumbers, green onions, capsicum and coriander to noodles. Combine soy sauce, honey and oil in a screw-top jar and shake until well combined. Drizzle soy mixture over salad. Gently toss to combine and serve sprinkled with fried shallots or chopped peanuts.

Good for you... **CUCUMBER**

A good source of vitamin C. One of the many functions of vitamin C is the normal formation of collagen which is important for healthy teeth, gums and skin.



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