



# No Cook Noodle Salad

The perfect partner for when you're barbecuing on a beach, this salad is easy to make in advance. Put it in a big tub and let everyone help themselves!

## Ingredients

### *NOODLE SALAD*

2 rice noodle nests  
6 spring onions or one small red onion  
1 red pepper  
1 yellow pepper  
1 carrot sliced into sticks  
50g chopped, fresh coriander  
100g lightly toasted cashew nuts

### *SESAME DRESSING*

75g cocoa  
1 small clove garlic, minced  
1 inch fresh ginger, peeled and minced  
2 tsp sesame oil  
2 tbsp lime juice  
2 tbsp soy sauce  
1 tsp unrefined sugar  
3 tbsp Thai chilli sauce

## What you'll need

BBQ ideally with a lid, gas or charcoal  
Pan  
Chopping board  
Clingfilm

## Method

Place the noodles in a large bowl, cover with 1 litre of boiling water and leave for 8-10 minutes. Rinse and drain.

While the noodles are having their spa treatment, cut the red onion/spring onions into thin slices.

Gently toast the cashew nuts in a pan over medium heat for about 5 minutes. Stir often as they burn quickly. Allow to cool.

Make the dressing in the medium bowl: combine the garlic, ginger, sesame oil, lime juice, soy, sugar and sweet chilli sauce. Stir until the sugar has dissolved.

Add the sliced onions to the dressing and allow to infuse for 5 minutes.

Drain the soaking noodles and rinse them in cold water. Combine all ingredients in the medium salad bowl with the dressing and gently stir and toss to combine.

Sprinkle with the coriander and the toasted cashews.

Keep in a lidded container in the fridge until needed or before three days are up.

It works great with mustard and pickles if these take your fancy!