

# Lunchbox Laughter

## Nice Noodles



**Noodle Salad** (Serves 2)

### Ingredients

- ½ red pepper (finely sliced)
- 1 carrot (finely sliced)
- 1 red onion (finely sliced)
- 50g mangetout
- 200g egg noodles
- 2 tablespoons lime juice
- 1 tablespoon sesame oil
- 1 tablespoon soy sauce

### Equipment

Chopping board, knife, saucepan, bowl, whisk

### Method

1. Cook the noodles according to the packet instructions
2. Mix together the lime juice, sesame oil and soy sauce in the bowl to form an emulsion using the whisk
3. Mix together the noodles and vegetables and pour over the dressing

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
167	MEDIUM	LOW	LOW	MEDIUM
Kcal	8.3	1.3	7.1	1.4

**Prawn noodles** (Serves 2)

### Ingredients

- 150g noodles
- 50g peas (boiled)
- 50g sweetcorn (boiled)
- 100g prawns (cooked)
- 2 spring onions

### Equipment

Chopping board, knife, saucepan

### Method

1. Cook the noodles according to the packet instructions. Set aside
2. Mix the peas, sweetcorn, chicken and spring onions with the noodles
3. Pour over the soy sauce and lime juice and stir well to coat all of the ingredients

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
143	MEDIUM	LOW	LOW	MEDIUM
Kcal	1.6	0.3	1.8	2