

OODLES OF NOODLES, THAI STYLE



A truly beautiful looking dish with a real wow factor! This recipe does require some fine, well-practiced knife skills so it might be best for older children (aged 9 years+).

If you're making this in school pre-cook the noodles before the lesson to eliminate the need for hot water/cooking in the classroom. Just make sure to toss the cooked noodles in sesame oil to prevent them from sticking.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; chop using bridge/claw appropriately.

Equipment: Chopping board, knife, large bowl, jug, measuring spoons, can opener, colander, garlic press, citrus squeezer (optional), fork, spoon.

Allergens*: Gluten | Sesame | Soya | Sulphites

Ingredients (makes 6 portions):

- 250g dried rice noodles
- 1 tbsp sesame oil
- 1 carrot, julienned/cut into thin strips
- 1 red pepper, julienned/cut into thin strips
- 1 yellow pepper, julienned/cut into thin strips
- 1 red onion, thinly sliced
- 1 cucumber, halved lengthways, seeds scooped out and cut into crescents
- 250g tin of bamboo shoots, drained
- Sesame seeds to garnish

For the dressing:

- 65ml soy sauce (reduced salt)
- 50ml vegetable oil
- 50ml rice vinegar
- 1 tbsp sesame oil
- 1 tbsp finely grated ginger
- 3 cloves of garlic, crushed
- 1 tbsp white sugar
- 1 lime, juiced

*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.

Method

1. Cook the rice noodles according to the packet instructions. Drain and add 1 tbsp sesame oil to coat the noodles and prevent them from sticking together.
2. Prepare all the vegetables and place them in a large bowl.
3. In a jug, add all of the dressing ingredients and mix well with a fork.
4. Add the rice noodles to the bowl of vegetables, then add the dressing and toss gently to combine all of the ingredients.
5. Sprinkle on some sesame seeds to garnish, and serve.



OODLES OF NOODLES Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about oodles of noodles...

Rice noodles are a good low fat source of starchy carbohydrate made from rice flour.

Vegetables are so good for us! Low in fat, sugar and calories and high in vitamins, minerals and antioxidants.



Energy, sugar, fat and salt per serving

Per 323g serving

ENERGY	1238kJ / 296kcal	15%
FAT	15.0g	21%
SATURATES	1.6g	8%
SUGARS	7.8g	9%
SALT	1.3g	22%

% of an adult's reference intake
Typical values per 100g : Energy 383kJ / 92kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage