

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 olive or rapeseed 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 technique safely; use weighing scales; use a vegetable peeler safely.

Equipment: Chopping board, knife, weighing scales, large bowl, jug, measuring spoons, vegetable peeler, tin 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 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.

