

SOY & GINGER NOODLE SALAD



An Asian inspired soy & ginger noodle salad with a sweet grapefruit kick.



PREP TIME
10 MIN



COOK TIME
3 MIN



SERVINGS
4

Ingredients



- 200g egg noodles, cooked
- 100g French green beans, sliced
- ¼ head of red cabbage, finely sliced
- 1 pink grapefruit, finely sliced
- 40g mixed salad leaves
- 2tsp toasted sesame seeds
- 160g [Blenders Soy & Ginger Dressing](#)
- 1 red chilli, sliced

Method

1. Boil some water in a pot, add a little salt and cook noodles as per pack instructions. When cooked strain and allow to cool.
2. Slice the beans, red cabbage and pink grapefruit.
3. To plate: Start with the mixed leaves, followed by the noodles. Top with beans, cabbage and grapefruit on top.
4. Drizzle with [soy & ginger dressing](#), and finish off with the toasted sesame seeds and the sliced chillis. Serve chilled.

Allergens

Contains Gluten, Eggs, Soybeans, Sesame

