

DINNERLY



⚡ FAST

Fast Noodle Salad

with Avocado, Radish and Ginger Dr...



20 minutes



4 Servings

When you want fast to mean 'super ultra speedy', there's this salad. But quick prep's only part of the story - the rest is in the addictive Japanese-inspired flavour.

WHAT WE SEND

- 10g white sesame seeds ¹¹
- ginger
- 1 avocado
- 2 x 200g seaweed noodles ¹
- 140g baby spinach leaves
- 80g radish

WHAT YOU NEED

- balsamic vinegar ¹⁷
- egg ³
- garlic clove
- Australian honey
- soy sauce ⁶
- vegetable oil

TOOLS

- fine grater
- large saucepan
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

COOKING TIP

Ginger skin can be easily removed with a teaspoon. Simply scrape with a spoon and it will all lift straight off.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 580kcal, Fat 28.3g, Carbs 59.7g, Proteins 19.3g



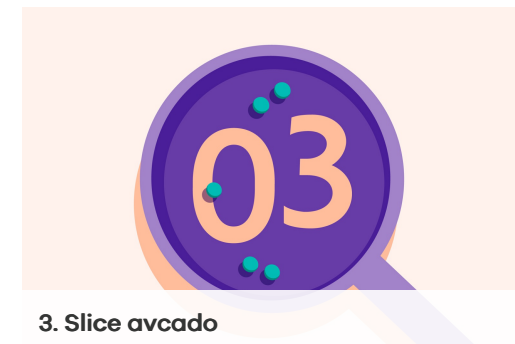
1. Make dressing

Bring a large saucepan of water to the boil for the noodles. Peel and finely grate the **ginger**. Grate or finely chop **2 garlic cloves**. Put the ginger, garlic, **80ml (1/3 cup) soy sauce, 2 tbs balsamic vinegar, 2 tbs vegetable oil, 2 tsp honey** and **half the sesame seeds** in a large bowl and stir to combine.



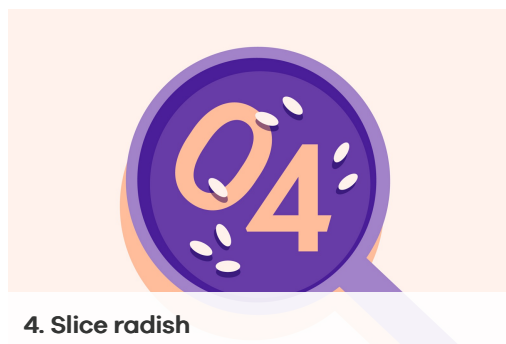
2. Cook noodles

Cook **4 bundles of the noodles** (the remaining noodles won't be used in this dish) in the pan of boiling water for 1-2 mins until tender. Drain and rinse under cold running water to prevent the noodles sticking.



3. Slice avocado

Meanwhile, thinly slice the **avocado**, discarding the skin and stone.



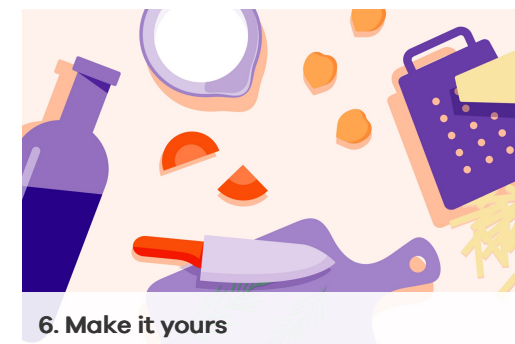
4. Slice radish

Trim and thinly slice the **radish**.



5. Serve up

Add the **noodles, radish** and **spinach** to the **dressing** and toss to combine well. Divide the **soba noodle salad** among bowls, top with the **avocado** and scatter with the **remaining sesame seeds** to serve.



6. Make it yours

For an extra protein, top with a soft-boiled egg. Or for crunch, add thinly sliced carrot with the radish.