



Thai Salad

The secret of beautiful Thai women, known around the world, most probably lies also in their balanced diet. Plenty of fresh herbs and spices, vegetables and super healthy ingredients, such as tofu, are the basis of most meals, such as this salad.

Ingredients

Number of persons: 4 - 6

- 150 g rice noodles (flat)
- boiled water
- 1 cup cup oil for frying
- 300 g tofu, cubed
- 200 g fresh cucumber
- 100 g soy seeds, washed
- 3 spring onions, sliced

Sauce:

- 1 teaspoon fresh ginger, grated
- 1 chilli, chopped finely
- 1 tablespoon coriander leaf, chopped
- 50 g unsalted roasted peanuts, crushed
- 2 tablespoons soy sauce
- 2 garlic cloves, crushed
- 1 teaspoon brown sugar
- 2 tablespoons tomato puree
- 1 teaspoon [Vegeta Chicken Stock Powder](#)
- 3 tablespoons oil



Preparation time: 30 min

Energetic value: 272 kcal / 1137 kJ

Demanding:

Preparation

1. Break up the rice noodles and place into a bowl, cover with boiled water. Leave until the noodles absorb the water and become soft, then drain.
2. Heat up the oil and deep fry the tofu until it becomes golden in colour.
3. Cut the cucumbers in half, remove the seeds and slice.
4. In a bowl mix the pasta, cucumber, spring onions and soy seeds.
5. Sauce: combine ginger, chilli, coriander, peanuts, soy sauce, garlic, sugar, tomato, Vegeta Chicken Stock Powder and oil. Mix together and pour over the prepared salad.

Serving

Ensure the sauce is stirred through the salad.





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Tip

This recipe is perfect in summer months, or even as a snack rich in vitamins, minerals and other very beneficial ingredients.

My notes

