

Zinga Noodle Salad

Ingredients

One pack of Rice Noodles (or Zucchini Noodles – your ‘Noodle’ of choice)

1 head of broccoli

2 Capsicums

Three cups Spinach (or Kale if you are feeling Super Healthy!)

Juice of one lime

1 cup of Olive Oil

¼ cup Sesame Oil

3 cloves garlic

2/3 cup of Tamari

1 Chilli

1 inch of Ginger (more if you LOVE ginger)

2 tablespoons Maple Syrup

Salt and Pepper

Cashew Nuts



Method

1. Make the ‘marinade’ using the Olive oil, sesame oil, tamari, crushed garlic, ginger, chilli, maple syrup and salt and pepper. Leave this to sit.
2. Cut up the broccoli and pan fry for just a couple of minutes in oil and tamari (keep it crispy)
3. Bring a big pot of water to boil (this will be for the rice noodles).
4. If you are using Kale, rinse and then break it up into small pieces and ‘massage’ it with lime juice, salt and pepper (makes it less bitter), add the spinach and chopped capsicum.
5. Cook the rice noodles, drain, and then mix the marinade through them.
6. Add the noodles to the kale/spinach mix, then add the crispy broccoli and a generous handful of cashews.
7. Serve.....it is DELICIOUS



www.happyandhealthywithhayley.com.au

Mobile: 0408 083 582

Email: happyandhealthywithhayley@gmail.com