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# Asian Noodle Salad

## Ingredients

100g vermicelli noodles  
¼ cabbage- about 2 cups shredded  
1 large carrot  
1 celery stalk  
2 spring onions  
½ cup herbs- such as Thai Basil, Coriander, Mint, Chives  
2 Tbsp pepitas  
Salt

## Dressing

1 Tbsp light soy sauce (*dark soy can be substituted*)  
2 Tbsp lime juice  
1 ½ tsp caster sugar  
1 ½ Tbsp oil- *such as sunflower, grapeseed, light olive*  
1 garlic clove  
1 small chilli or ½ a long chilli

## What to do:

- 1) Peel the garlic, roughly chop, then sprinkle with salt and use a fork to squash the garlic into a paste
- 2) Remove the seeds and pith from the chilli and finely chop
- 3) To make the dressing, add the garlic, chilli, soy sauce, lime juice, sugar and oil to a small bowl and mix well
- 4) Place the noodles into a clean bowl and cover with boiling water. Stand for 15 minutes to soften. After 15 minutes, drain noodles, rinse and set aside
- 5) Wash cabbage. Shake off excess water and finely shred
- 6) Chop the top off of the carrot in a 2-3cm piece and save for later. (*This will be used for the bonus gardening activity*). Peel and grate the carrot
- 7) Wash the spring onion and celery. Chop off the ends and leaves and finely slice
- 8) Wash all the herbs. Spin dry. Pick off the leaves and roughly chop
- 9) Toast the pepitas in a fry pan for 2-3 minutes or until golden and crunchy
- 10) Chop the noodles into smaller pieces. Combine the noodles, cabbage, carrot, celery, spring onions and herbs in a large bowl. Mix to combine
- 11) Add the dressing and gently mix
- 12) Serve the salad garnished with toasted pepitas

**NOTE:** Follow packet directs for vermicelli noodle preparation. Some brands soak the noodles for more/ less time.

*For the cabbage, other leafy greens you can substitute include Wombok, Pak Choy, Bok Choy, Silverbeet or Kale*

*You can also substitute the lime juice for rice wine, white wine or red wine vinegar*



## ***Bonus Garden Activity***

# **How to grow your own Carrot Greens**

Many of us throw away the green tops of carrots. Carrot greens however, are edible, super delicious and loaded with nutrients. Carrot greens have a sweet earthy flavour that can be described as a cross between carrots and parsley. Here are the instructions on how to grow your own carrot greens at home.

### **What you need:**

- Carrot top 2-3 cm long
- Shallow ceramic or glass dish
- 10 Cotton wool balls
- Water
- Sunny and protected spot



### **What to do:**

- Add a layer of cotton wool balls to your dish
- Add a little water to the cotton balls so they are wet but not flooded with water
- Press your carrot top into the wet cotton wool
- Place the dish in a sunny location, for example a sunny window ledge
- Check the cotton wool everyday to make sure it is still wet
- After 1-2 weeks the carrot should start sprouting leaves from the top and roots from the bottom,
- When the roots are 2-3cm long, the carrot top can be transplanted to a pot or garden

The carrot top won't grow a new carrot but the carrot greens can be added to:

- Salads
- Stir Fry
- Soups
- Fritters
- Dips
- Smoothies
- Carrot top pesto
- Carrot top chimichurri