



Asian Green Salad

What to collect

Ingredients	Equipment
3 heads of broccoli, cut into florets	wok
handful of snow peas, strings removed	chopping board
200g tofu, diced	grater
4 spring onions, finely chopped	zester
200g rice noodles	knife
2cm piece ginger, peeled & grated	metric measuring spoons/cups
1 clove garlic, finely chopped	saucepan
1 lime, zested and juiced	blender
2 tablespoons light soy sauce	
2 tablespoons sesame oil	
1 tablespoon balsamic vinegar	
1 nori sheet, torn into pieces	
1 heaped tablespoon sesame seeds, toasted	

What to do

1. Prepare all vegetables & tofu and set aside.
2. Place ginger, garlic, lime juice & zest, soy, sesame oil and vinegar into a bowl and combine to make the dressing.
3. Toast sesame seeds in a dry frying pan until golden. Set aside to cool for a few minutes.
4. Place nori, a pinch of sea salt and black pepper & sesame seeds into a blender and process until it is fine sprinkles.
5. Cook noodles according to packet instructions. (Reserve some cooking water if needed for stir fry.)
6. Place a little rice bran oil in the wok and heat up, stir fry tofu and carefully place in a bowl. Then stir fry broccoli, snow peas and spring onion.
7. Toss noodles with the vegetables, tofu and dressing.
8. Place on a platter and sprinkle over some of the nori sprinkle mix.