

# Sesame noodle salad

## Ingredients (serves 4)

250g medium egg noodles  
200g sugar snap peas or mange  
tout, sliced diagonally  
2 carrots  
2 tomatoes, seeded and diced  
1 tablespoon sesame seeds  
3 spring onions  
2 tablespoons chopped fresh coriander



## *for the dressing:*

2 tablespoons light soya sauce  
2 table spoons of toasted sesame seeds  
1 tablespoon of sunflower oil  
4cm piece of fresh ginger, finely grated  
1 garlic clove, crushed

## Method

Bring a large pan of water to the boil, add the noodles and remove the pan from the heat. Cover and leave to stand for about 4 minutes, until the noodles are just tender

Meanwhile, bring a second, smaller pan of water to the boil. Add the sugar snap peas, bring back to the boil and cook for 2 minutes. Drain and refresh until cold water, then drain again.

To make the dressing, put the soya sauce, sesame seed and sunflower oil, ginger and garlic in a screw top jar. Close tightly and shake vigorously to mix.

Drain the noodles thoroughly and turn them into large bowl. Add the peas, carrots, tomatoes and coriander. Pour the dressing over the top, and toss thoroughly with your hands to combine.

Sprinkle the salad with sesame seeds, garnish with the shredded spring onions and some more coriander and serve.