



Vietnamese pork and rice noodle salad

Prep: 25 minutes • Cook: 10 minutes • Makes: 4



Ingredients

250g vermicelli rice noodles
4 carrots, peeled, cut into matchsticks
1 red onion, thinly sliced
30g fresh mint, roughly chopped
30g fresh coriander leaves, roughly chopped
100g Chinese leaf lettuce, chopped
1 red pepper, de-seeded, thinly sliced
1 red chilli, de-seeded, thinly sliced
1 tablespoon vegetable oil
400g lean pork mince

Nuoc Cham dressing

6 limes
2 tablespoons caster sugar
1 tablespoon fish sauce
1 red chilli, de-seeded, thinly sliced

Nutritional info

Low phosphate ✓
Low potassium ✓
Carbohydrate **47g**
Low protein ✗
Low salt ✓
Low fat ✓
Cost per portion (June 2022) **£2.60**
Energy in kcals **400**

- 1** Prepare all your vegetables as per the ingredients list and set aside. Place the rice noodles in a bowl and cover with boiling water. Allow them to sit for 5 minutes then rinse under cold water and thoroughly drain before placing in one large serving bowl.
- 2** Make the dressing by juicing the limes into a small saucepan over a low heat. Mix in the sugar and stir until fully dissolved, then turn off the heat. Add the fish sauce and one of the sliced chillies. Set aside to cool.
- 3** Add the prepared carrots, onion, pepper, Chinese leaf lettuce and half the herbs to the rice noodles.
- 4** Pour over the dressing and mix well to coat the noodles and stop them sticking to each other.
- 5** Heat a non-stick frying pan or wok and add the oil. Cook the mince for 5 minutes until it browns and is cooked through.
- 6** Once the mince is cooked, serve up the noodle and vegetable mix into 4 bowls, then top with a portion of mince and serve with the remaining herbs and chilli on top.