



VIETNAMESE SALAD

SERVES: 2

TOTAL TIME: 30 MINUTES

GF DF

INGREDIENTS

- 100g **rice vermicelli noodles**
- 1 tsp **coconut oil**
- 1 stalk **lemongrass**, finely chopped
- 1 small **shallot**, diced
- 200g **beef mince**
- 1 tbsp **lime juice**
- 2 tsp **tamari** (or **soy sauce**)
- 1 tsp **rice malt syrup**
- 1 tsp **mirin**
- 6 iceberg lettuce leaves, thinly shredded
- 1/2 **Lebanese cucumber**, sliced
- 1/2 tbsp **peanuts**, roughly chopped
- 2 tbsp **fresh mint**, leaves picked
- 1 small **red chilli**, very finely chopped

MACROS PER PORTION

CALORIES	416	PROTEIN	28
CARBS	58	FATS	8
FIBRE	6		

INSTRUCTIONS

Start by cooking noodles according to packet instructions.

Meanwhile, heat oil in a large wok over medium-high heat. Add lemongrass and shallot and cook for 2 minutes.

Next, add beef and cook for for 6-8 minutes, or until cooked through. Add lime, tamari, rice malt syrup and mirin. Cook for an additional minute then remove from heat.

Transfer cooked noodles, lettuce and cucumber to a bowl and toss to combine.

Top with mince, peanuts, mint, fresh chilli and a wedge of lime, if you have any left over.