

VERMICELLI SALAD BOWL (serves 1)

INGREDIENTS:

- 140G TURKEY BREAST MINCE (*RAW*)
- 40G VERMICELLI (*RAW*)
- CARROT (*GRATED*)
- CUCUMBER (*SLICED*)
- SNOW PEAS (*SLICED*)
- MINT (*FRESH - TO TASTE*)

MARINADE INGREDIENTS:

- 5G LEMONGRASS PASTE
- ¼ - ½ LIME (*JUICE*)
- 5ML (1 tsp) AYAM LIGHT SOY SAUCE
- 2ML (½ tsp) SQUID FISH SAUCE
- 2G MINCED GARLIC

DRESSING INGREDIENTS:

- 2 TBSP WARM WATER
- ¾ LIME (*JUICE*)
- 2G STEVIA
- 15ML (1 tbsp) SQUID FISH SAUCE
- 2G MINCED GARLIC
- CHILLI (*FRESH - TO TASTE*)

METHOD:

1. Combine marinade ingredients into a bowl & stir until well combined.
2. Add turkey mince to marinade, stir until combine & set aside.
3. Combine dressing ingredients into a bowl, stir until well combined & set aside.
4. Add vermicelli to a pot of boiling water. Cook for 2-3 minutes, drain water & set aside.
5. Place turkey mince in pan & cook well.
6. Combine cooked vermicelli, carrot, cucumber, snow peas, turkey mince & mint into a bowl & top with dressing.

TIPS:

- *Substitute turkey mince for protein of choice.*

