

Peanut Satay Noodle Salad



Preparation time: 30 mins

User Rating: ★★★★★

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Categories: Dinner Recipes, Vegetarian

Refreshing, savoury flavours make a grand entrance in this veggie-forward Peanut Satay Noodle Salad.

Bouncy omelette ribbons drizzled with peanut sauce are the star of this show. And if you're feeling a little spicy, throw some chilli flakes into the mix (completely optional though).

Grab the full recipe below.



Ingredients

Peanut Sauce

- $\frac{3}{4}$ cup (200g) crunchy peanut butter
- 1 clove garlic, crushed
- 1 tablespoon light soy sauce
- 1 tablespoon lime juice
- 4 tablespoons boiling water

Noodle Salad

- 6 eggs
- Dried chilli flakes (optional)
- 2 teaspoons sesame oil
- 1 tablespoon vegetable oil
- 200g dried flat rice noodles
- 2 cups (160g) shredded red cabbage
- 1 carrot, finely shredded
- 4-6 radishes, thinly sliced
- 4 green onions, finely shredded
- $\frac{1}{2}$ cup (85g) edamame
- $\frac{1}{2}$ cup chopped fresh herbs such as coriander, mint and Vietnamese mint
- Roasted peanuts to serve

Method

Peanut Sauce

1. Slowly whisk together peanut butter, garlic, soy and lime juice. Whisk in boiling water until it comes together into a smooth sauce. Set aside.

Noodle Salad

1. Whisk egg, chilli flakes and sesame oil together.
2. Heat half the vegetable oil in a frying pan over medium-high heat and pour in half the eggs. Swirl the pan to spread eggs evenly and cook for 1-2 minutes, until the eggs have set and the centre is still soft. Transfer to a plate to cool. Repeat with remaining oil and eggs to make 2 omelettes. Roll up and slice into 1cm thick ribbons.
3. Meanwhile, soak noodles in boiling water for 5 minutes. Drain and refresh with cold water. Drain well and add to a salad bowl along with remaining ingredients. Top with egg omelette ribbons, drizzle with peanut sauce, sprinkle with herbs and roasted peanuts. Serve immediately.

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[Try watching this video on www.youtube.com](#), or enable JavaScript if it is disabled in your browser.

Notes

- If the oil is separating from the sauce (this can happen from the oil in the peanut butter, but it's easy to fix!), add a few drops of water at a

time and whisk until it comes back together.

- For a quicker salad, toss a bag of shredded salad mix from the supermarket with the rice noodles, green onions and edamame.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Vitamin D
278g	2620kj 626kcal	25.2g	34.7g	6.6g	49.5g	5.2g	406mg	4.9µg

All nutrition values are per serve.