

Vietnamese Prawn Noodle Salad



**Seafood! Eat your way to better health
with Omega-3**

Master Fish Merchants' Association of Australia

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Serves 4

- 700-800 grams cooked medium prawns, peeled and deveined
- 1 packet thin rice noodles
- 1 cucumber, deseeded and cut to matchsticks
- 1 carrot, cut into matchsticks
- 1 cup bean sprouts
- ½ cup basil, chopped
- ½ cup coriander, chopped
- 3 tablespoons roasted peanuts, chopped

Dressing

- 2 tablespoons fish sauce
- 4 tablespoons lime juice
- 1 tablespoon caster sugar or brown sugar
- 1 red chilli, deseeded and finely sliced
- 1 small garlic clove finely chopped

- Cook rice noodles as directed on packet, drain well and place in a large bowl to cool.
- Combine fish sauce, lime juice, sugar, chilli and garlic in a bowl, and mix well.
- Add prawns, cucumber, carrot, bean sprouts, basil, coriander and dressing to noodles, and mix well.
- Garnish with peanuts and serve.



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