Thai **salad**





4 people | 15 min preparation time | 30-40 min cooking time

All ingredients

2 tins of 115g la belle-iloise Sardines in peanut oil
80g rice noodles (300g cooked)
2 grated carrots (approx. 110g)
2.5g chopped dried black mushrooms (10g rehydrated)
40g shredded baby spinach leaves
40g coarsely chopped peanuts.
Half the oil from one tin of la belle-iloise Sardines in peanut oil
2 tablespoons soy sauce (20g)
2 tablespoons lime juice (20g)
1 tablespoon nuoc mam sauce (12g)
4g chopped fresh coriander
12g chopped or puréed ginger
2g finely chopped lemongrass
3 pinches icing sugar (1.6g)

Steps

1- Start by soaking the mushrooms in cold water
2- Make the sauce so the flavours can infuse. To do this, mix all ingredients in a bowl
3- Cook the noodles in a large pan of boiling water, then stop the cooking by rinsing under cold water, drain and chill
4- When the noodles are cold, add the vegetables (spinach, carrots, mushrooms) and the peanuts
5- Add the drained sardines cut into small sections, and then mix gently
6- Pour the sauce over the salad and mix again
7- Divide between individual Asian bowls or place on a large serving dish