

## Chicken noodle salad



**PREP TIME: 10 minutes**

**COOK TIME: 0 minutes**

**SERVES: 4**

**CALORIES PER SERVING: 426**

### INGREDIENTS

- 250g pack thin rice noodle
- 2 skinless chicken breasts
- 1 cucumber
- 3 spring onions
- 1 red chilli (optional)
- 4 tbsp soy or fish sauce
- 1 lime
- 2 tsp sugar
- 20g pack mint (leaves)

### INSTRUCTIONS

**1:** Chop chicken breast into 3cm pieces, slice your cucumber into half moons, slice spring onions, finely chop red chilli (if using), grate zest of 1 lime, roughly chop mint leaves

**2:** Cook Chicken breast until cooked through – 6-10 mins and set aside.

**3:** Soak the noodles for 5 mins in boiling water or according to pack instructions, until softened. Drain, then cool under a running tap. Drain again well, then tip into a large bowl along with the chicken, cucumber, spring onions and chilli.

**4:** Mix together the soy or fish sauce, lime zest and juice and sugar, then pour over the noodles. Toss through the mint leaves and serve.