

# Asian Chicken Noodle Salad



 Serves: 4    Prep: 10 minutes    Cook: 20 minutes    [Stack Cup](#)

This Asian inspired salad is fresh, flavourful and satisfying!! Packed full of vegetables and so quick and easy to prepare. This salad can be an accompaniment of the main meal or served a larger portion as the main meal itself.

Metric

Imperial

## ingredients

1 large packet rice noodles

250 g

Skinless chicken breast, diced

500 g

1 Tbsp garlic-infused olive oil

	<b>18 g</b>
1 red capsicum, julienned	<b>225 g</b>
1/2 green capsicum, julienned	<b>113 g</b>
2 medium carrots, julienned	<b>150 g</b>
1/2 bunch spring onions, green tops only, sliced	<b>8 g</b>
1/4 cup oyster sauce	<b>62 g</b>
1/4 cup soy sauce	<b>62 g</b>
1 Tbsp fish sauce	<b>20 g</b>
1 tsp brown sugar	<b>5 g</b>
1 tsp crushed ginger	<b>5 g</b>
1 tsp red chilli flakes	<b>2 g</b>
1/2 cup crushed peanuts	<b>65 g</b>

## Method

Step 1

Julienne capsicums and carrots and chop spring onion tops, set

julienned capsicums and carrots and chop spring onion tips, set aside.

Step 2

Cook rice noodles according to packet instructions, drain and set aside to cool.

Step 3

In a small jug, add oyster sauce, soy sauce, fish sauce, brown sugar, crushed ginger and chilli flakes and stir to combine, set aside.

Step 4

Heat oil in large wok, add diced chicken and sauté until browned and cooked thoroughly.

Step 5

Turn off heat and add cooked rice noodles, sauce and julienned capsicum and carrot to the wok, stir to combine.

Step 6

Divide noodle salad into four bowls and garnish with spring onion tips and crushed peanuts.

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## Hints

- Use salt reduced soy sauce and oyster sauce if available.
- This recipe can be enjoyed as both a hot or cold dish.

