



## Spring Roll Salad

Serves 6 bariatric portions – Prep time: 20 mins

### Ingredients

- 100g Rice vermicelli noodles
- 2 cups Red cabbage, finely shredded
- 1 cup Green cabbage, finely shredded
- 2 med Carrots, julienned or grated
- 1 Red capsicum, thinly sliced
- 1 cup 1 Fresh coriander leaves
- ½ cup Roasted peanuts
- 1 Tbsp 1 Sesame seeds

### Dressing

- 3 Tbsp Peanut butter (smooth or crunchy)
- 2 Tbsp Soy sauce
- 2 Tbsp Lime juice
- 1 Tbsp Rice vinegar (or apple cider vinegar)
- 1 Tbsp Honey (or sugar free maple syrup)
- 1 tsp Sesame oil
- 1 clove Garlic, minced
- ½ tsp Grated ginger
- Water, to thin as needed

### Tips & Serving Ideas

- Spicy kick – Add ½ tsp sriracha or chilli flakes to dressing.
- Extra crunch – Include bean sprouts or cucumber ribbons.
- Protein boost – Top with grilled chicken, prawns, or tofu.

### Directions

**Cook noodles** – Prepare rice vermicelli according to package instructions. Drain, rinse in cold water, and set aside.

**Assemble salad** – In a large bowl, combine noodles, cabbage, carrot, capsicum, and coriander.

**Make dressing** – Whisk together peanut butter, soy sauce, lime juice, vinegar, honey, sesame oil, garlic, and ginger. Add water gradually until smooth and pourable.

**Combine** – Toss salad with dressing until evenly coated.

**Serve** – Sprinkle with peanuts and sesame seeds just before serving.

