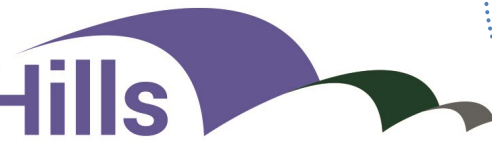


Taste the Hills



Recipes and Tips

Peanut and green noodle salad

This is a refreshing but wholesome salad that is just the thing on a warm day, perhaps even for a picnic...

Dressing

2 tbsp rice vinegar
Juice and zest of a lime
½ small chilli, finely chopped
1 garlic clove, chopped
1 tsp brown sugar
1 tsp sesame oil
1 tbsp soy sauce

Salad

100g peanuts, unsalted
200g fine egg noodles
200g fine French beans
½ cucumber
6 spring onions, sliced

Make the dressing in a jam jar. Cook the noodles according to instructions. Drain and rinse with cold water. Place in a large bowl and toss in the dressing.

Cook the beans until just cooked. Refresh in cold water and drain well.

Half the cucumber lengthways and cut into slices. Mix everything together then scatter on the herbs and peanuts. Can be topped with chicken or tofu.

Feeling inspired? Pick up a leaflet or visit our website to find other cookery courses on offer at the Discovery Centre

LUDLOW
FOOD FESTIVAL

Pop up kitchen sponsored
by Ludlow Food Festival

Shropshire Hills Discovery Centre –
the home of Grow Cook Learn

School Road, Craven Arms, Shropshire SY7 9RS

Email: info@shropshirehillsdiscoverycentre.co.uk

Tel: 01588 676060 www.shropshirehillsdiscoverycentre.co.uk

grow
cook
Learn

Charity no: 1158795