

30 minutes

Serves 2

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Ingredients:

- 1 cucumber
- 1 packet (250g) PnP Livewell cauliflower and turnip noodles
- 1 red pepper, cut into matchsticks
- 1 cup (250ml) red cabbage, finely shredded
- 1 tub (100g) mung bean sprouts
- Chopped red chilli or sliced jalapeños (optional)
- Handful basil and coriander leaves
- Red salad onions, sliced
- Sesame seeds and peanuts

Dressing:

- 2 Tbsp (30ml) hot water
- 1 Tbsp (15ml) each soy sauce, honey and smooth peanut butter

Method

1. Cut cucumber in half, lay cut sides down (for better grip) and slice into strips lengthways. Cut strips into thinner 'noodles'.
2. Toss cucumber 'noodles' with cauli and turnip noodles.
3. Divide between two 500ml jars.
4. Combine red pepper, cabbage and mung bean sprouts.
5. Add a little chilli or jalapeños, if you like.
6. Layer on top of noodles with basil and coriander, onions and a sprinkle of sesame seeds and peanuts.
7. Close jar and refrigerate until serving.
8. Combine dressing ingredients.

9. Serve salad drizzled with dressing.

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