

# Fresh Asian noodle salad

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-prawn-glass-noodle-salad-recipe>

## Ingredients:

- 2 1/8 cups cellophane noodles or beanthread noodles
- 7 ounces minced beef quality
- 2 teaspoons five spice
- 5 tablespoons olive oil
- 2 cloves garlic peeled and grated
- 2 teaspoons fresh ginger grated
- 3 1/2 ounces peeled prawns cooked, from sustainable sources, ask your fishmonger
- 3 teaspoons sugar
- 1 bunch spring onions finely sliced
- 3 tablespoons fresh lime juice
- 1 tablespoon fish sauce
- 2 red chillies fresh, deseeded and finely sliced
- 1 handful fresh coriander chopped
- 1 handful fresh mint chopped
- 2 handfuls roasted peanuts
- sea salt
- ground black pepper freshly

## Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 60 milligrams
4. Fat: 44 grams
5. Fiber: 5 grams
6. Protein: 24 grams
7. SaturatedFat: 9 grams
8. Sodium: 720 milligrams
9. Sugar: 5 grams
10. TransFat: 0.5 grams

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