

SERVES 2-3 **TAKES** 15 minutes

Sweet Chilli Broccoli Noodle Salad

This makes a lovely quick dinner or a cold salad. It's hearty, savoury and sweet. We used rice noodles, but you can use your favourite noodles – wholemeal or brown rice ones will be higher in fibre and healthier than white.

10 INGREDIENTS

1. 500g broccoli
2. 200g noodles of choice
3. 1 medium red pepper
4. 1 bunch of spring onions
5. 4 tbsp tamari
6. 1 tbsp paprika
7. ½ tsp chilli powder or cayenne pepper
8. 3 tbsp maple syrup
9. juice of 1 lime
10. 4 tbsp sesame seeds

Chop the broccoli into bite-size florets, keeping the stalk as a base for soup (it works well in the cream of broccoli and toasted hazelnut soup, see page 106).

Put a pan of boiling water on a high heat and add the noodles and the broccoli florets. Cook the noodles as per the instructions on the packet. Drain and rinse the noodles and broccoli once they are cooked.

Finely chop the red pepper, discarding the seeds and pith in the centre. Chop the spring onions at a 45-degree angle.

Mix the tamari, paprika, chilli powder, maple syrup and lime juice in a bowl and add a good pinch of black pepper.

Heat 2 tablespoons of olive oil in a large non-stick pan on a high heat. Once hot, add the chopped spring onions and red pepper and cook for 4-5 minutes, stirring regularly. Add the cooked broccoli, the noodles, the dressing and half the sesame seeds, and heat through for 3-4 minutes, stirring regularly.

Divide between two or three bowls and top with the rest of the sesame seeds. Garnish with more chilli powder, if you like it spicier.



Recipe from the Happy Pear brought to you by