



Warm prawn and peanut noodles salad

This is a fantastic recipe that literally takes minutes to dish up. If you are not a fan of peanuts, then simply don't include the peanut butter, you won't be missing out as you've already got loads of flavoured included in this meal.

Ingredients

- 300g packet straight-to-wok noodles
- 360g packet stir-fry vegetables
- 4 TBS coconut cream
- 4 TBS smooth peanut butter
- 1 TBS red or green Thai curry paste
- Juice of 1/2 a lime
- 225g king prawns, cooked and peeled
- Small handful of fresh coriander, chopped
- 25g peanuts, chopped



Serves 4

Method



only for weight maintenance

1. Put the noodles and stir-fry vegetables in a large bowl and cover with boiling water. Cover with clingfilm and leave for 5 minutes
2. Meanwhile, put the coconut cream, peanut butter, Thai curry paste and lime juice in a bowl and mix together
3. Drain the noodles and vegetables and return to the bowl
4. Add the king prawns, coriander and half the coconut cream dressing and toss together
5. Divide among four bowls, sprinkle with the peanuts and serve with a little more of the dressing

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