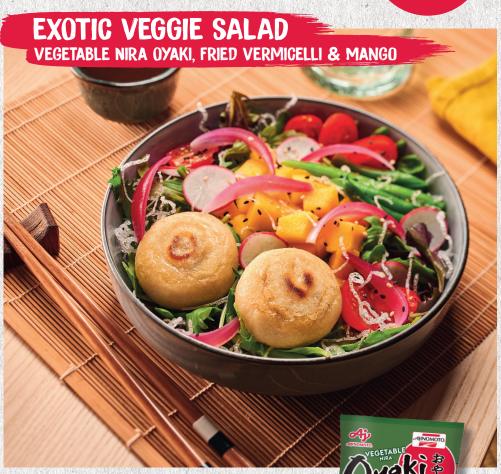
Eat Well, Live Well









**USE: MAIN DISH** 



DIFFICULTY: \*\*\*\*



1 PERSON



Food critic and writer in Japan and Thailand for several years, Chef Tsutsumi also ran a restaurant for 8 years and currently teaches the art of Asian cuisine in France.



# EXOTIC VEGGIE SALAD

VEGETABLE NIRA OYAKI, FRIED VERMICELLI & MANGO

Recipe for 1 serving

# NGREDIENTS:

- 2 pieces of AJINOMOTO<sup>®</sup> Vegetable Nira Oyaki
- 10 g dried rice vermicelli
- 15 g red onion, finely chopped
- 50 g diced mango
- · 20 g small tomatoes, halved

- · 2 red radishes, thinly sliced
- · 15 g green beans, cooked and halved

serving suggestion

• 30 g rocket leaves

Vinaigrette



- Fry the dried vermicelli in oil heated to 180°C for 1 to 2 minutes.
- **2.** Arrange the rocket leaves and fried vermicelli on a plate.
- **3.** Place the **Oyaki** and mango in the centre. Arrange the other vegetables in a balanced way.
- Mix the dressing ingredients together and serve with the salad.

#### VINAIGRETTE:

#### **SAUCE INGREDIENTS:**

- · 2 tsp. soy sauce
- 1 tbsp. rice vinegar
- · 1tbsp. lime juice
- ½ tsp. sugar
- A pinch of curry powder
- · A pinch of coriander



## THE RIGHT MOVE:

To fry the dried vermicelli, dip them in hot oil, separating them well to avoid clumps.

### TO GO FASTER-

You can prepare the fried vermicelli **the day before** and cut the vegetables in advance.