

Eat Well, Live Well



The art of  
Japanese  
sharing

## EXOTIC VEGGIE SALAD

VEGETABLE NIRA OYAKI, FRIED VERMICELLI & MANGO



Serving suggestion



USE: MAIN DISH



DIFFICULTY:



1 PERSON



WITH CHEF  
MOTOKO TSUTSUMI

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.



# COOKING INSTRUCTIONS



Serving suggestion



Discover the secret of  
cooking Oyaki

## EXOTIC VEGGIE SALAD

### VEGETABLE NIRA OYAKI, FRIED VERMICELLI & MANGO

Recipe for 1 serving

#### INGREDIENTS:

- 2 pieces of **AJINOMOTO® 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
- 30 g rocket leaves
- Vinaigrette

#### METHOD:

1. 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.
4. Mix the dressing ingredients together and serve with the salad.

#### VINAIGRETTE:

#### SAUCE INGREDIENTS:

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

CHEF'S  
SECRETS



#### 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.

Any questions? Would you like to receive our newsletter? Email us at: [contact@pro.ajinomoto.eu](mailto:contact@pro.ajinomoto.eu)

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