



### Glass Noodles



### Ingredients

- 400gms Calamari steak
- 200gms dried bean thread noodles or vermicelli glass noodles
- 100gms carrots cut into thin strips
- 100gms Lebanese cucumber seeded & threaded
- 1 small red onion finely sliced
- 100gms snow peas finely sliced
- 100gms red capsicums finely sliced
- Coriander stalks finely sliced
- Coriander leaves chopped for garnish

### Method:

- Dressing: 2 tops pineapple juice
- 1 1/2 tblspns lime zest finely grated
- 3 tblspns lime juice
- 2 tblspns brown sugar
- 100mls low fat coconut milk
- 1 1/2 tblspns fish sauce
- 1 1/2 tblspns mirin

Method: Toss Calamari in a hot pan, sweat and cook in its own juices.

Set aside in the refrigerator

Place noodles in a large bowl and cover with boiling water until cooked; then strain and run under cold water to stop it cooking further.

With noodles in a large bowl and cooked, toss in all ingredients (except coriander leaves) and toss gently using your fingers.

Mix dressing together until the sugar dissolves then pour over noodles.

Toss gently and garnish with the coriander leaves.

Serves 6 people.

Chef's tips: As was mentioned, rice vermicelli is a great substitute;

Lacewood Apricot and Lime added to the dressing is nice also.

Calamari can be used also by cutting finely as discussed in the calamari spaghetti recipe.