

Raw Rainbow Noodles with Spicy Coconut Dressing



Recipe makes: 4 servings
Prep time: 50 minutes

Ingredients

Noodles

- 1 medium-sized zucchini
- 1 medium-sized carrot, peeled
- 1 large red bell pepper, finely sliced
- 2 spring onions, chopped
- 2 Tbsp fresh cilantro, finely chopped
- 1 medium-sized tomato, diced

Dressing

- 3 Tbsp canned coconut milk
- 1 Tbsp lemon juice
- 1 Tbsp mango chutney
- 1 clove raw garlic, finely chopped
- 1 Tbsp orange juice
- A pinch chilli powder (optional)*

Directions

Noodles

- 1 Using a spiralizer, make zucchini and carrot "noodles"; place in a medium-sized bowl.
- 2 Add red pepper, onions, cilantro, and tomato to spiralized vegetables; mix and set aside.

Dressing

- 1 Mix all dressing ingredients together and pour over the vegetable mixture.
- 2 Place in refrigerator and chill for at least 30 minutes to allow the flavors to develop.

Top Tips

If you do not have a spiralizer, you can use a vegetable peeler to create desired result. Another option is you can purchase spiralized zucchini and carrot at the supermarket. You can add fresh chillies to increase the heat of this dish.

Nutrition Info Per Serving (1/4 recipe):

Calories: 70 | Protein: 1.9 g | Phenylalanine: 77 mg

*Please note: optional ingredients are not included in the nutrition analysis.

Please check the suitability of this recipe for you with your healthcare professional.

Metabolic Pro database was used for the nutrition analysis.

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