

KHMER FISH SALAD



LifeShape Clinic

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INGREDIENTS (SERVES 2)

80g snapper fillet, sliced
75g vermicelli noodles
50g finely sliced cabbage
25g spinach
1 cucumber, shredded
1 carrot, finely shredded
2 Asian shallots, finely sliced
2 snake beans, finely sliced
1 handful bean sprouts
1 handful mint leaves
1 handful Thai basil leaves
2 tsp sugar
1 tsp fish sauce
Lime marinade
1 tsp coriander paste
Pinch of sliced lemongrass,
white part only
1 teaspoon lime juice

METHOD

1. In a medium mixing bowl, combine the marinade ingredients, a pinch of sea salt and the fish. Leave for 10 minutes. Remove excess marinade from fish (reserving the liquid).
2. Prepare noodles as per packet instructions.
3. In a large bowl, combine the vegetables, noodles, fish, sugar, fish sauce and 60ml of the reserved marinade. Toss and serve.

Nutrition Guide

PER SERVE

Energy (cal)	290cal
Protein	27g
Fat	2.7g
Saturated Fat	0.6g
Carbohydrate	36.2g
Sugar	7.9g
Sodium	436mg
Fibre	4.7g

RECIPE VARIATION

1200

Lunch Requirement: 270 - 300 cal
Meets Requirements: Yes
Total Meal Calories: 290 cal

1500

Lunch requirement: 370 - 400 cal
Meets requirements: No
Recommendations: Increase vermicelli to 100g
Total meal calories: 376 cal

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