

# Go for 2&5<sup>®</sup>

FRUIT VEG



## WHY GO FOR 2&5<sup>®</sup>?

Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables every day. For children, serves should be adjusted for their age.

## WHAT IS A SERVE?

### FRUIT



1 medium piece  
(e.g. apple)

=



2 small pieces  
(e.g. apricots)

=



1 cup  
chopped or  
canned fruit

### VEG



½ cup  
cooked vegies  
or legumes

=



1 whole  
medium potato

=



1 cup  
salad vegies

For healthy eating information visit [www.gofor2and5.com.au](http://www.gofor2and5.com.au)

Live Life  well  
NSW  HEALTH

  
Go for 2&5<sup>®</sup>  
FRUIT VEG

An Australian Government, State  
and Territory health initiative.

# THAI NOODLE SALAD



10 minutes preparation



3 serves of vegies

## Ingredients

- 100g dried rice noodles\*
- 1 spring onion, sliced
- 1 cup snow pea shoots (or mung bean sprouts)
- 1 red capsicum, seeded and sliced
- 1 tablespoon unsalted peanuts or cashews, chopped
- 2 tablespoons coriander, chopped

## Dressing

- 2 tablespoons reduced-salt soy sauce
- 1 teaspoon honey
- 1 clove garlic, crushed
- Juice of 1 lemon
- ½ teaspoon fresh ginger, finely chopped

## Method

Prepare noodles according to packet directions. Rinse under cold running water, drain and set aside. In a small bowl combine dressing ingredients. In a large bowl combine remaining ingredients. Pour dressing over the salad, add noodles and toss well. Serves 2.

## Variation

\*Use soba, somen, or egg noodles in this recipe. Use spinach leaves instead of snow pea shoots.



**Selection** Choose capsicum with firm glossy skins, no spots or shrivel.

**Storage** In an airtight bag in refrigerator crisper.

**Uses** Stir-fries, casseroles and salads, and stuffed with meat and rice mixtures.