

Warm Satay Noodle Salad

Supply Chain



Ingredients

Supplier	Supplier Code	Ingredient	Unit Measurement	Quantity Used <u>10 portions</u>
Bidfood	75591	Carrots	Grams	300
Bidfood	75256	Coriander	Grams	10
Bidfood	75508	Cucumber	Each	2
Bidfood	75383	Radish	Each	10
Bidfood	75280	Shredded Red Cabbage	Grams	100
Bidfood	03877	Spring Onion	Each	0.1
Bidfood	41116	Vegan Fillet Pieces	Grams	750
Bidfood	33563	Lime Juice	Millilitres	10
Bidfood	18823	Light Soy Sauce	Millilitres	45
Bidfood	04742	Sweet Chilli Sauce	Millilitres	45
Bidfood	70304	Sesame Seeds	Grams	45
Bidfood	13683	Olive Oil	Millilitres	45
Bidfood	70437	Sesame Oil	Millilitres	45
Bidfood	18058	Peanut Butter, Smooth	Grams	45
Bidfood	81100	Vermicelli	Grams	650
Bidfood	70384	Crushed Chillis	Grams	5
		Water	Millilitres	200

This is a sample recipe. In the full version of the recipe pack costs and other calculations are included. Some products are available on the NHS Supply Chain Multi-Temperature Distribution (MTD) framework

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Method:

- Defrost the vegan fillet pieces overnight in the fridge on a clearly labelled tray.
- Soak rice noodles in hot water until soft then drain using a colander and refresh in cold water.
- For the dressing mix together the peanut butter sesame seeds soy sauce, sweet chilli sauce and chilli flakes adding water if necessary to get a pouring consistency.
- Fry the vegan fillet pieces in a frying pan until lightly browned on all sides then add half of the peanut dressing and cook until its glazed onto the veg pieces ensuring a core temp of 75°C has been reached then remove from the heat and set aside.
- Finely slice the spring onions red cabbage and radishes and place in a serving bowl. Make ribbons of carrot and cucumber using a peeler and add to the serving bowl along with picked coriander leaves.
- Finally mix in the noodles with the cooked filet pieces and the remaining satay dressing.
- Serve garnished with toasted sesame seeds.

Nutrition per portion (321g):

	Calories	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
Total	516 kcal	63g	7g	16g	2g	24g	11g	1.4g

Allergens:

Gluten, Peanuts, Sesame Seeds, Soybean, Sulphites

May Contain: Tree Nuts , Celery, Egg, Mustard

Quality statement: The details in this document are accurate at the time of production on 22 April 2022. Nutritional information and allergens are based on Bidfood products available on the Multi-Temperature Distribution NHS Supply Chain: Food framework, and so may differ if you use alternative products to those in this recipe. **Please do check the labelling on products to confirm details, for example, allergens.**

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