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Ingredients

Prep time: 15 minutes, plus 30 minutes for chilling

Cook in: 3 minutes

Serves: 2

- 200g (7oz) dried yellow shi wheat-flour noodles or medium egg noodles
- 1 tbsp of toasted sesame oil
- 60g (2½oz) mixed leaves (such as watercress, rocket and baby spinach)
- 8 mangetout, finely sliced lengthways
- 2 spring onions, finely sliced
- ½ red pepper, deseeded and finely sliced
- 10 sprigs of mint
- Small handful of coriander
- 100g (3½oz) cooked crayfish tails in brine, drained
- Lime wedges, to serve(optional)

For the dressing

- Juice of ½ pink grapefruit (including 'bits')
- 2 tbsps of sweet chilli sauce
- 1 tbsp of extra-virgin olive oil
- 1 spring onion, finely chopped
- Small handful of coriander, finely chopped, plus extra to garnish

Ching's Fast Food

Crayfish sweet chilli noodles

This is another of my favourite noodle salads, a dish that I made for one of my customers when I was running my food business. Herby, tangy, sweet and spicy, this recipe is healthy and nutritious too.

1. Cook the noodles in a saucepan of boiling water for 2–3 minutes until al dente, or according to the instructions on the packet. Drain, then rinse under cold running water and drain again. Drizzle with the toasted sesame oil and toss together to prevent the noodles from sticking to each other. Transfer to a bowl, cover with cling film and place in the fridge to chill for 20 minutes.
2. Toss the chilled noodles with the remaining salad ingredients. Divide between two bowls, then cover with cling film and place in the fridge to chill for a further 10 minutes.
3. Just before serving, mix together the ingredients for the dressing, then pour over the salad, garnish with coriander and serve immediately with the lemon wedges (if using).



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