

QUICK NOODLES WITH CREAMY SMOKED SALMON & COURGETTES



MINUTES TO PREPARE
5



MINUTES TO COOK
10



SERVES
2

INGREDIENTS

160g brown rice noodles
120g smoked salmon, thinly sliced
1 onion, peeled and finely diced
2 cloves of garlic, peeled and chopped
75ml white wine
75ml double cream
1 courgette, grated on the large grate
A pinch of Maldon sea salt
Freshly ground black pepper
Juice of 1/2 lemon
1/2 teaspoon Dijon mustard
Large bunch flat leaf parsley, chopped

You will need a kettle and a large frying pan.

LET'S GET COOKING

- 1 First, fill the kettle with water and boil.
- 2 Place the rice noodles in a large bowl and cover completely with water to steam for 5 minutes (or follow the packet's instructions.)
- 3 Meanwhile, make the sauce. Heat the rapeseed oil in a large frying pan and add the onions.
- 4 Sauté the onions for 5 minutes, stirring from time to time. Add the garlic and cook for a further 2 minutes.
- 5 Add the wine and let it boil. Cook and reduce for 3 minutes until the wine has part evaporated.
- 6 Add the cream and bring to the boil.
- 7 Add the grated courgettes, smoked salmon strips, lemon juice, Dijon mustard and parsley. Stir well and let it bubble for 1 minute.

- 8 Stir through the chopped parsley and serve with basmati rice or the mighty cavolo nero salad with garlic and sage (see recipe).
- 9 Drain the rice noodles and add them to the sauce. Mix together well using a pair of tongs.

Taste for seasoning and add more lemon, mustard, salt, pepper or cream as necessary.

Eat immediately whilst nice and hot!

"If you are gluten-free or suffer from IBS then brown rice noodles are a brilliant substitute for pasta. They will leave you feeling energised but not bloated. And it also helps that you don't feel deprived... as everyone needs a bowl of noodles once in a while."