

Glass noodle salad with crab and chicken

Preparation time

less than 30 mins

Cooking time

10 to 30 mins

Serves

Serves 2

Glass noodles are usually made of mung bean and are therefore called mung bean thread. They are never fried but sometimes used in soups and such like. When re-hydrating just cover with cold water and leave the rest to time.

By John Torode
From Saturday Kitchen

Ingredients

1 packet glass noodles
200g/7oz finely minced chicken breast
salt
4 tsp lime juice
100g/3½oz crabmeat
small handful coriander, Thai basil and mint leaves

For the nam jim

3 limes, juice only
2 garlic cloves, peeled but left whole
3 Thai shallots, peeled
2 long red chillies, seeds removed from one
40g/1½oz palm sugar
40ml/1½fl oz fish sauce
20g/1oz coriander stalks

For the crispy topping

50g/1¾oz Thai shallots, thinly sliced
2 garlic cloves, sliced
2 red chillies, thinly sliced

To garnish

50g/1¾oz ground roast rice (available online and in Thai groceries)
5 shallots (preferably Thai), sliced
chilli powder, to taste
1 red chilli, seeds removed, sliced
1 cucumber, diced

Method

1. Reconstitute the noodles according to the packet instructions.
2. Bring a saucepan of water to the boil, season with a little salt and cook the minced chicken for three minutes, or until cooked, breaking up with a whisk. Drain and allow to cool on a baking tray.
3. For the nam jim, use a pestle and mortar to pound the lime juice, garlic, shallots, chilli, palm sugar, fish sauce and coriander roots to make a smooth sauce.
4. For the crispy topping, heat the vegetable oil in a frying pan. Fry the shallots, garlic and chilli until crisp.
5. In a large dish, combine the drained chicken, fish sauce, lime juice, crabmeat, drained noodles, herbs and nam jim. Sprinkle with the ground roast rice, shallots, chilli powder, red chilli and cucumber. Finish with the crispy topping and serve immediately.

Recipe Tips

To make the ground roast rice, soak long grain rice for five minutes in warm water, then drain. Heat the oven to 200C/400F/Gas 6. Spread the rice thinly on a baking tray and cook in the oven for 20 minutes, or until the rice has crisped up and is a light golden-brown. Crush in a pestle and mortar.