



National
Obesity
Forum



VITA CLINICS

POST BARIATRIC SURGERY RECIPE

Green Bean, Noodle and Prawn Salad



Refreshing, Light and Crunchy. A good alternative to sandwiches for your lunch at work.

Number of servings standard portions: 4
Number of servings bariatric portions: 6

Nutrition	per 100g	per Bariatric Portion
Energy kcals	74	195
Protein g	6.9	18.3
Carbohydrate g	7.8	20
Fat g	1.4	3.6

Ingredients

For the dressing:

Juice of 1 lime
½ tablespoon of fish sauce
½ medium red chilli, deseeded and finely sliced
½ teaspoon of finely grated fresh ginger

For the salad:

125g thin rice noodles (rice vermicelli)
½ tablespoon toasted or plain sesame oil
200g green beans
100g cooked peeled prawns
½ bunch of spring onions, finely sliced
A large handful fresh coriander leaves, roughly chopped
A small handful of fresh parsley leaves, roughly chopped
1 tablespoon of salted peanuts, lightly crushed with a rolling pin

Method

- Add all the dressing ingredients together into a bowl and whisk. Set aside.
- Put the rice noodles into a large heatproof bowl; pour over enough boiling water to ensure they are completely covered. Cover with clingfilm and leave to soak until tender but still with a little bite (about 4 minutes). Drain and rinse under cold water to cool. Toss in the sesame oil to prevent them sticking together.
- Cook the green beans in boiling water until just tender (3-4 minutes). Drain and rinse under cold water. Slice each bean into 2-3cm pieces and add to the noodles.
- Add the cooked prawns, sliced spring onions and chopped coriander and parsley to the noodles.
- Pour over the dressing, toss well to mix and serve scattered with the crushed peanuts.