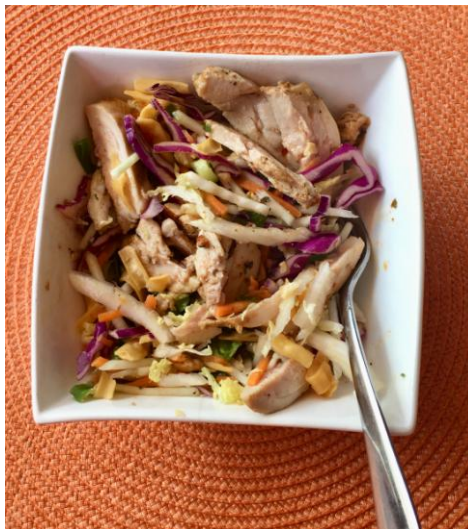


Crunchy Slaw Salad

This is a super quick salad that you can throw together in less than 5 minutes and it tastes so good! I love the crunch!

It is the perfect lunch to take to work or if you will be out, prepare into takeaway containers.



Ingredients

1 cup prepackaged Asian slaw
¼ cup prepackaged crunchy noodles
100g lean protein of choice
Dressing of your choice

Throw it all together, sprinkle dressing over and enjoy!

Combinations I have used ...

Smoked salmon with a teaspoon of soy sauce as dressing
Chicken with a store bought lime & chilli dressing
