

Rice noodle and edamame salad (gluten free)

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Ingredients (serves 5)

- 350 g shelled edamame
- 230 g thin rice [noodles](#) or rice sticks
- 1 cup arame or dulce seaweed (Asian food grocers)
- ¾ cup rice vinegar
- 2 tbsp olive oil
- 2 tbsp sugar
- ½ tsp salt
- 1 cup shredded [carrot](#)
- 1 medium red capsicum, thinly sliced
- 1/3 cup thinly sliced red onion
- ¼ cup chopped fresh coriander
- ½ cup lightly salted peanuts, chopped, divided

Method

Cook edamame in a pot of boiling water until tender. Drain and rinse with cold water. Soften or cook noodles according to package directions. Drain, transfer to a work surface and chop twice. If using arame, cook according to package directions 'for salads'; if using dulce, snip into bite-size pieces, but do not cook.

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Whisk vinegar, oil, sugar and salt in a large bowl. Add the edamame, rice noodles, seaweed, carrot, capsicum, onion, coriander and quarter-cup of peanuts; toss well to combine. Serve sprinkled with the remaining peanuts.

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