



Inspiring RECIPES

GEM® avocado Japanese noodle salad with honey, lime and soy

Share this GEM® recipe [f](#) [@](#) [p](#)



This warm salad is quick and easy to prepare, yet the combination of creamy GEM® avocado, fat noodles and zingy dressing makes it incredibly satisfying on a weekday evening. It's also very versatile: swap the spinach for grated carrot or chopped pepper if you like, or substitute tofu for the egg to make it vegan.



INGREDIENTS

1 egg (optional)
200g udon or other noodles
2 large handfuls of baby spinach
2 spring onions, white and green parts, sliced on the diagonal
20g fresh coriander, roughly chopped
1 GEM® avocado
Pinch of chilli flakes

For the dressing:

2 tbsp honey
3 tbsp reduced-salt soy sauce
1 tbsp sesame oil
Juice of 1 lime

METHOD

1. Gently lower the egg into a pan of boiling water, turn down the heat and simmer for 7 minutes, then leave to cool in a large bowl of cold water while you prepare the rest of the ingredients.
2. Cook the noodles according to the packet instructions (if they're "straight to wok" cook them in boiling water for a couple of minutes), adding the spinach 30 seconds before the end of cooking.
3. Meanwhile, make the dressing: whisk together the honey and soy sauce until the honey has dissolved and then whisk in the sesame oil and lime juice, or shake it all up in a jam jar. Taste and add more of any of the ingredients if you feel it needs it.
4. Drain the noodles and spinach well, then toss together with the dressing, spring onions and coriander. Divide between bowls.
5. Peel the egg by rapping the blunt end against a hard surface to crack it and going from there. Cut in half. Peel and stone the GEM® avocado and cut each half into a fan shape. Put one of each of these on top of the bowls, add the egg halves (if using), sprinkle with a few chilli flakes and serve immediately.

NUTRITION INFORMATION

Per serving

Calories 3112kJ / 747kcal
Fat 32.9g
Saturates 7g
Carbohydrate 90.4g
Sugar 21.7g
Dibre 8.6g
Protein 19.7g
Salt 4.4g