Peanut and sesame cold noodles

Serves two, takes 15 minutes

Noodles - 100g (I used wholegrain rice noodles, but any asian noodle variety would do)
Peanuts - 1/3 cup OR 1/4 cup peanut butter
Sesame oil - 1 tbsp
Chinese chilli Oil - 1 tbsp
Soy sauce - 2 tbsp
Mirin - 1 tbsp
Lime - juice of 1/2
Water - 4 tbsp
Cucumber - 1/2, peeled and thinly sliced or shaved
Carrots - 2, peeled and thinly sliced or shaved
Beansprouts - a couple of handfuls
Coriander - a bunch, chopped
Mint - a handful of leaves, chopped
Cooked peeled prawns - 200g

Cook the noodles according to the packet instructions and rinse with cold water. Drain and set aside.

In a mixer, whizz together the peanuts (or peanut butter), sesame oil, chilli oil, soy, mirin, lime juice and water until smooth. Add extra water if desired for a more saucy consistency.

Prepare your crudités and herbs.

Divide the noodles and crudités between two bowls. Mix half of the sauce into each bowl. Top with herbs, prawns and a squeeze of lime.