

Pear and Paw Paw Noodle Salad



Serves	3
Prep time	15 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Dairy , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Amines Challenge , Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - High Chemical
Meal type	Salad
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Barbecue , Picnic

Ingredients

- 1 spring onion (finely chopped)
- Lettuce leaves (whole, washed)
- 200g cooked vermicelli rice noodles
- 4 pear halves in syrup (diced)
- Equal quantity paw paw (diced)
- 1/2 Quantity lemon juice substitute (Refer to basics page.)
- Sea salt
- 1 spring onion (finely chopped)

Directions

1. Combine the pear, pawpaw, spring onion and lemon juice substitute in a bowl. Season with sea salt.
2. Place some of the lettuce leaves on the serving plate or in a salad bowl.
3. Place the vermicelli noodles on top of the lettuce with the pear and paw paw.



Note

Low Salicylates, Low Glutamates, High Amines

If you are serving for a child who doesn't like the citric acid flavour, put aside a quantity of pear and paw paw and serve it with the lettuce and noodles.

Refer to the [Basics page for lemon juice substitute](#).