



## Asian Rice Noodle Salad

### Method:

#### Step 1

Cook the rice vermicelli noodles following pack instructions. Drain and rinse under cold running water to cool slightly.

#### Step 2

Combine the herbs, lime zest and juice, the sweet chilli sauce or jam, oil and soy sauce in a bowl.

Toss in the noodles, cucumber, carrot and edamame beans. Top with the peanuts, sesame seeds, chilli sauce and spring onions to serve.

### Ingredients:

- 2 nests of rice vermicelli noodles
- small bunch of mint, leaves picked and finely chopped
- small bunch of coriander, finely chopped
- small bunch of basil, leaves picked and finely chopped
- 2 limes, zested and juiced
- 1 tbsp sweet chilli sauce or jam, plus extra to serve
- 1 tbsp neutral-tasting oil
- 1 tbsp soy sauce
- 1 cucumber, cut into 2cm chunks
- 1 carrot, peeled into ribbons using a peeler
- 100g edamame beans (defrosted if frozen)
- 50g salted peanuts, crushed
- sesame seeds, for sprinkling
- 1 tbsp chilli sauce, to serve
- 1-2 spring onions, sliced, to serve

*Have you got a favourite healthy recipe you would like to share with us? Email us at - [Valleyassist@mackayadvocacy.com.au](mailto:Valleyassist@mackayadvocacy.com.au)*

## What's on in September?

**Sunday 8 - Eungella Markets**

**Sunday 15th - Sweet Repeats pre-loved clothing Market at CQUni Mackay**

**Thurs 12 - RUOK Day at CQUni Mackay**

**Thursday 19 - ECDA Meeting**

**1-30 STEPtember step up for Cerebral Palsy**



## Did you know?

As a Pioneer Valley community member you have free access to:

- \* **Computers / internet access**
- \* **Printing facilities**
- \* **Free Wifi**
- \* **Tech assistance**

Visit the Finch Hatton Wellness Space, Pioneer Valley Assist - located next to The Criterion. Call 0456 922 492 to check opening times and availability.

# Community Notice Board

Email your events and employment opportunities to [valleyassist@mackayadvocacy.com.au](mailto:valleyassist@mackayadvocacy.com.au)



## Mirani Mobile Breast Screening

Mobile Van on-site early September  
at Pioneer Park  
Crn Victoria & Augusta Street Mirani

To make an appointment  
Call Breastscreen Qld on  
13 20 50

## Fusion on the Lawn

A lunchtime event hosted by  
One Hungry Mumma  
**Saturday 28th September**  
1 Zahmel Street, Finch Hatton  
Book tickets now at  
[www.onehungrymumma.com.au](http://www.onehungrymumma.com.au)



## Tech Talk and Assistance



Libraries' Tech Assist  
From 9.30am Wed 25th September  
Valley Assist Finch Hatton office

Got a computer/device/technology problem you need help with? Book a session with one of the helpful Mackay Library staff by emailing Valley Assist at:  
[valleyassist@mackayadvocacy.com.au](mailto:valleyassist@mackayadvocacy.com.au)

## Eungella Hub

Eungella Markets

Sunday, September 8

ECDA community meeting

6.30pm Thursday, September 19

Members and community welcome

Earth Animal Information Session

Saturday, September 21

## Craft Wednesdays



Every Wednesday  
10am to 1pm  
Mackay Advocacy  
Finch Hatton office

Have a craft you'd like to share with others? Contact us!  
[valleyassist@mackayadvocacy.com.au](mailto:valleyassist@mackayadvocacy.com.au)

## Employment opportunities



Broken River Mountain Resort:  
Casual cleaners required,  
no experience necessary.

Phone the resort on 4958 4000  
or send a message to:  
[enquiries@brokenrivermr.com.au](mailto:enquiries@brokenrivermr.com.au)