Hello Chef!

GREEN NOODLE STIR FRY

with Cashew Nuts

Fast and loaded with goodness

COOKING TIME: 20 MIN

CALS 661 | PROT 18.3G | CARBS 70.4G | FAT 35.8G

TIPS FOR FUSSY EATERS

Keep spices mild

PRO TIP

Cut noodles with scissors before mixing with the vegetables. It makes them easier to mix and serve.

INGREDIENTS

	FOR 2	FOR 3	FOR 4
Rice Noodles	150g	225g	300g
Red onion	1	1	2
Garlic cloves	2	3	4
Broccoli	200g	300g	400g
Zucchini	2	3	4
Edamame	200g	300g	400g
Fresh ginger	25g	37g	50g
Cooking oil	1½ Tbsp	2¼ Tbsp	3 Tbsp
Sesame oil	15g	22g	30g
Rice vinegar	15g	22g	30g
Soy Sauce	15g	22g	30g
Maple syrup	15g	22g	30g
Chili flakes	1g	1,5g	2g
Salt	½ tsp	¾ tsp	1 tsp
Black pepper	1 Tbsp	1½ Tbsp	2 Tbsp
Cashew nuts	40g	60g	80g
Fresh coriander	20g	20g	20g

1 COOK THE NOODLES

Bring a pot of **water** to a boil, and add the **noodles**. Boil for 2–3 minutes. Drain well and submerge into cold **water** to prevent from sticking.

2 PEEL AND SLICE

Peel, halve and cut **onion** to thin slices. Peel and mince **garlic cloves**. Separate **broccoli** to florets. Halve **zucchini** lengthwise and remove the watery seed part. Chop halves to slices. Bring **edamame** to room temperature. Peel and grate **ginger**.

3 FRY THE VEGGIES

Heat cooking **oil** in a pan. Stir fry the **onion**, **broccoli**, and **zucchini** for 3 minutes. Add **edamame**, **garlic**, and **ginger**. Heat up.

4 MAKE THE DRESSING

In a small bowl, combine **sesame oil, rice vinegar, soy sauce, maple syrup, chili flakes, salt,** and **pepper.**

5 ADD AND SERVE

Add well drained **noodles**, **cashew nuts,** and the stir-fry **dressing** to the pan. Heat up well, stirring, for about 2 minutes. Divide the stir-fry to plates, and top with chopped fresh **coriander**.

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