



Product Spotlight: Free-Range Eggs

Did you know you can add crushed eggshells straight to the soil in your garden? While it might not help this season's plants, it will help add calcium directly to the soil as the shells decompose.



Bacon Mee Goreng with Sunny Egg

A family favourite! Stir-fry egg noodles made tasty with GH Produce's Island curry spice mix, tossed with bacon and veggies, topped with a sunny side up egg.



20 minutes



2 servings



Pork

5 May 2023

Spice it up!

*You can garnish these noodles
with fried shallots, sliced chilli
or chopped peanuts.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	33g	25g	80g

FROM YOUR BOX

WHEAT NOODLES	1 packet
GREEN CABBAGE	1/4
CARROT	1
RED CAPSICUM	1
SPRING ONIONS	1 bunch
FREE-RANGE EGGS	6-pack
FREE-RANGE BACON	1 packet (90g)
ISLAND CURRY SPICE MIX	1 sachet

FROM YOUR PANTRY

oil for cooking, soy sauce, tomato sauce

KEY UTENSILS

large frypan, saucepan

NOTES

You can use sesame or coconut oil in this dish for extra fragrance.

No gluten option – wheat noodles are replaced with rice noodles.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Cook the noodles according to packet instructions. Drain and rinse with cold water.



2. PREPARE THE STIR-FRY

Chop cabbage, julienne or ribbon carrot, slice capsicum and spring onions (reserve tops for garnish). Set aside.



3. FRY THE EGGS

Heat a large frypan over medium-high heat with **oil** (see notes). Crack in 4 eggs (use to taste) and cook to your liking. Remove to a plate and keep pan over heat.



4. COOK THE STIR-FRY

Increase pan heat to high. Slice and add bacon to pan. Cook for 1 minute. Add cabbage, carrots, capsicum and spring onions, one at a time, and cook until softened.



5. TOSS THE NOODLES

Add **1 tbsp water** to pan along with curry spice mix, **1-2 tbsp soy sauce**, **2 tbsp tomato sauce** and **1 tbsp oil**. Combine well then toss in noodles to coat.



6. FINISH AND SERVE

Serve noodles topped with fried egg and spring onion tops.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

