



Product Spotlight: Cabbage

Whole cabbage and cut cabbage that has been wrapped or is in a container can be stored in your fridge for a really, really long time! Leave cabbage unwashed before storing – washing it will just accelerate it's decline.



Bulk it up!

Toss through baby corn, snow peas or capsicum for extra colour and crunch. Crack an egg into the pan at step 5 and scramble it through the noodles for added protein and richness.

Bacon Lo Mein Noodles

Tender egg noodles are tossed with crispy bacon, colourful vegetables and a glossy stir-fry sauce, then finished with crunchy shallots and peanuts for an easy, crowd-pleasing family dinner.



30 minutes



Pork



2 servings

Per serve : **PROTEIN** 19g **TOTAL FAT** 16g **CARBOHYDRATES** 68g

FROM YOUR BOX

SPRING ONIONS	1 bunch
CARROT	1
GREEN CABBAGE	1/4
GARLIC CLOVE	1
DICED BACON	125g
EGG NOODLES	150g
CHINESE STIR FRY SAUCE	100ml
FRIED SHALLOT + PEANUT MIX	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

If you don't have a julienne peeler, you can use a regular vegetable peeler to ribbon the carrot.

Spice it up by sprinkling ground white pepper or a pinch of dried chilli flakes over adult portions.

No gluten option - egg noodles are replaced with GF rice noodles. Cook until tender, drain and rinse well with cold water.



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1. PREPARE THE INGREDIENTS

Bring a saucepan of water to the boil.

Thinly slice **spring onions** (reserve some green tops for garnish), chop **cabbage**, and crush **garlic**. Use a julienne peeler to julienne **carrot** (see notes).



2. CRISP THE BACON

Heat a large frypan over medium-high heat with **oil**. Add **bacon** and cook for 6-8 minutes until crispy. Remove **bacon** to a plate and keep pan over heat.



3. STIR FRY THE VEGGIES

Add extra **oil** to pan. Add **spring onions** and **garlic**, stir fry for 2 minutes to soften. Add **carrot** and **cabbage**, stir fry for 5-7 minutes until **cabbage** begins to brown.



4. COOK THE NOODLES

Add **noodles** to boiling water. Cook for 2 minutes or until tender. Drain and rinse well with cold water to stop the cooking process.



5. STIR FRY THE NOODLES

Add **noodles** and **Chinese stir fry sauce** to **veggies**. Stir fry for 1-2 minutes until well combined. Remove from heat and season to taste with **soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide **stir-fried noodles** among bowls. Top with **crispy bacon**. Garnish with **spring onion green tops** and **fried shallot and peanut mix** (see notes).

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