



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Turban Chopsticks


Local Perth-based business, creating a range of one-pot meal kits, including hand-roasted spices, to bring the perfect balance to your meal. Add any protein and veggies to suit your taste!

**TURBAN  
CHOPSTICKS**

## H4 Indonesian Gado Gado with Noodles

Turban Chopstick's satay sauce mixes herbs and spices with quality peanuts to make a divine and creamy sauce. It is the perfect pairing for noodles, fresh veggies and boiled free-range eggs.

 20 minutes

 4 servings

 Vegetarian

1 April 2022

## Stir-fry it!

*We designed this meal to be super quick to cook. But if you want to switch it up, you can stir-fry all the vegetables in a frypan until tender, toss through satay sauce and noodles until well combined. Serve with eggs.*

Per serve: **PROTEIN** 22g **TOTAL FAT** 14g **CARBOHYDRATES** 90g

## FROM YOUR BOX

NOODLES	1 packet
TOMATOES	2
CARROTS	2
GREEN BEANS	1 bag (250g)
BEAN SHOOTS	1 bag
FREE-RANGE EGGS	6-pack
SATAY SAUCE	1 jar

## FROM YOUR PANTRY

no pantry items required for this recipe

## KEY UTENSILS

2 saucepans

## NOTES

Boiling the eggs for 5 minutes will give you runny yolks. Boil for longer depending on your preference.

**Protein upsize is 1 packet paneer cheese.** Heat a frypan over medium-high heat with oil. Dice paneer and add to pan. Cook until golden and season with salt and pepper.



### 1. COOK THE NOODLES

Bring 2 saucepans of water to the boil.

Add noodles to one saucepan of boiling water. Cook according to packet instructions or until tender. Drain and rinse well with cold water.



### 2. PREPARE THE VEGETABLES

Wedge tomatoes. Cut carrots into sticks. Trim and cut green beans into thirds. Set aside with bean shoots.



### 3. BOIL THE EGGS

Add eggs to second saucepan of boiling water. Cook for 5-7 minutes (see notes). Add green beans to boiling water for last 2-3 minutes. Drain eggs and beans. Cool eggs under running cold water. Peel and halve.



### 4. TOSS THE NOODLES

Toss the noodles with 1/4 satay sauce to coat well.



### 5. FINISH AND SERVE

Divide noodles among bowls. Top with prepared vegetables and boiled eggs. Dollop over remaining satay sauce.

**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](mailto:hello@dinnertwist.com.au)

