




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.




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

 4/6 servings

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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	19g/23g	17g	68g/91g

FROM YOUR BOX

	4 PERSON	6 PERSON
SPRING ONIONS	1 bunch	2 bunches
CARROTS	2	3
GREEN CABBAGE	1/2	1/2 +1/4
GARLIC CLOVES	2	3
DICED BACON	250g	250g + 125g
EGG NOODLES	300g	2x 300g
CHINESE STIR FRY SAUCE	2x 100ml	3x 100ml
FRIED SHALLOT + PEANUT MIX	60g	2 x 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 carrots.

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 **carrots** (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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