



### Product Spotlight: Satay Dressing

This delicious satay dressing is made locally by The Ugly Mug Broth Kitchen! It has flavours of orange, lime, ginger and garlic blended with peanuts and maple syrup for sweetness. We love it hot or cold!



## Satay Peanut Noodles with Charred Eggplant

Rice vermicelli noodles tossed with zesty satay dressing from Ugly Mug Broth Kitchen and served with stir-fried vegetables, charred eggplant, chopped peanuts and chilli.



25 minutes



4 servings



Plant-Based

9 June 2023

## Freshen it up!

*This dish is also delicious as a noodle salad for lunch! Keep the spring onions, capsicum, carrot and snow peas fresh. Toss the cooked noodles, eggplant and cold dressing. Top with peanuts and chilli!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	12g	86g

## FROM YOUR BOX

RICE VERMICELLI NOODLES	1 packet
MEDIUM EGGPLANT	1
SPRING ONIONS	1 bunch
RED CAPSICUM	1
CARROT	1
SNOW PEAS	150g
SATAY DRESSING	100ml
PEANUTS	1 packet
RED CHILLI	1

## FROM YOUR PANTRY

sesame oil, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan, griddle pan (optional)

## NOTES

You can use a frypan to cook the eggplant if preferred. Dice the eggplant instead of slicing (to fit it all in one pan) and re-use the pan to stir-fry the vegetables in step 3.



### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add noodles and cook according to packet instructions or until al dente. Drain and rinse well with cold water to stop the cooking process.



### 2. CHAR THE EGGPLANT

Slice eggplant into rounds. Coat with **1 tbsp soy sauce** and **1 tbsp sesame oil**. Heat a griddle pan over medium-high heat (see notes). Cook eggplant for 3-4 minutes each side until charred and cooked through.



### 3. STIR-FRY THE VEGETABLES

Heat a large frypan over medium-high heat with **1 tbsp sesame oil**. Slice spring onions and capsicum, cut carrot into crescents, and trim and slice snow peas. Add all to pan as you go. Cook for 5 minutes until tender.



### 4. TOSS THE NOODLES

Toss cooked noodles and satay dressing into pan with vegetables until well combined. Season to taste with **1-2 tbsp soy sauce**.



### 5. FINISH AND SERVE

Chop peanuts and slice red chilli.

Serve satay noodles topped with eggplant, peanuts and sliced chilli.



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