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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Green Papaya

Green papaya is picked before it ripens, so it stays firm, mild and crunchy rather than sweet. It's perfect for shredding into fresh salads and noodle dishes where it soaks up lots of flavour.

Green Papaya Noodles

with Peanuts

Fresh green papaya and glass noodles tossed with juicy tomatoes, cucumber and mint in a sweet-tangy lime dressing, finished with plenty of toasted peanuts.

25 minutes | Plant-Based | 2 servings

Add more protein!

Boost the protein with crispy tofu, tempeh, edamame or roasted chickpeas. Pan-fry tofu or tempeh until golden, then add everything on top just before serving to keep the salad fresh and crunchy.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	12g	14g	91g

FROM YOUR BOX

BEAN THREAD NOODLES	100g
RAW PEANUTS	50g
GARLIC CLOVE	1
LIME	1
SWEET CHILLI SAUCE	1 tub
GREEN PAPAYA	1
LEBANESE CUCUMBER	1
CHERRY TOMATOES	200g
CARROT	1
MINT	60g

FROM YOUR PANTRY

oil for cooking, soy sauce, white wine vinegar, sugar, salt

KEY UTENSILS

frypan, saucepan

NOTES

If you don't have a julienne peeler, use a vegetable peeler to make ribbons, then slice into thin strips. You can slice or dice cucumber if preferred.

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1. COOK THE NOODLES

Bring a saucepan of water to the boil. Add **noodles** and cook according to packet instructions or until al dente. Drain and rinse in cold water.



2. TOAST THE PEANUTS

Meanwhile, heat a frypan over medium heat. Toast **peanuts** with **1/2 tsp oil** for 3–4 minutes or until golden. Season lightly with **salt** and set aside.



3. MAKE THE DRESSING

Combine **crushed garlic, juice from 1/2 lime, sweet chilli sauce, 1 tbsp soy sauce, 1 tbsp vinegar and 1 tsp sugar** in a large bowl. Taste and adjust with **extra vinegar, sugar and salt.**



4. PREPARE THE FRESH VEG

Peel and julienne **green papaya, cucumber and carrot** (see notes). Quarter **cherry tomatoes** and chop **mint**. Add all to the large bowl with dressing, reserving some **mint** for garnish.



5. TOSS THE NOODLES

Add **noodles** and toss well to coat. Adjust **seasoning** to taste.



6. FINISH AND SERVE

Serve in shallow bowls and scatter over toasted **peanuts** and remaining **mint**. Cut remaining **lime** into wedges for squeezing.

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