



Product Spotlight: Hemp Hearts

Hemp hearts are a great source of protein! We love them sprinkled over salads, noodles and blended into smoothies for an extra boost!



Peanut Butter Noodles

Thick chewy rice vermicelli noodles in a creamy peanut butter lime sauce with vibrant stir-fry vegetables, finished with a sprinkle of roast peanuts and hemp hearts.



30 minutes



2 servings



Plant-Based

Add extra!

You can add some tofu or tempeh to this dish for extra protein. Garnish the dish with some fresh sliced chilli or coriander if you have some!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	39g	73g

FROM YOUR BOX

THICK RICE VERMICELLI NOODLES	1 packet
BROCCOLI	1
RED CAPSICUM	1
CARROT	1
SPRING ONIONS	1 bunch
PEANUT BUTTER	2 tubs
LIME	1
ROAST PEANUTS AND HEMP HEARTS	1 packet

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), ground turmeric, dried chilli flakes (optional)

KEY UTENSILS

wok or large frypan, saucepan

NOTES

The thick rice vermicelli can vary with cook time. Check them after 10 minutes and continue cooking if needed.

To easily remove the peanut butter, cut the pack open and scrap out with a teaspoon.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook for 10-15 minutes or until al dente (see notes). Drain, rinse and set aside.



2. PREPARE THE VEGETABLES

Cut **broccoli** into small florets (use to taste). Slice **capsicum**, julienne or slice **carrot**. Slice **spring onions** (reserve tops for garnish). Set aside.



3. PREPARE THE SAUCE

Combine **peanut butter** with **1/2 lime** zest and juice (wedge remaining), **1/2 tsp turmeric**, **1/2 tsp chilli flakes**, **1 tbsp soy sauce** and **1 1/2 tbsp sesame oil**. Stir in **1/4 cup water** (see notes).



4. STIR-FRY THE VEGETABLES

Heat a wok or large frypan over high heat with **sesame oil**. Add **prepared vegetables** and cook, tossing for 5 minutes until tender.



5. TOSS THE NOODLES

Add cooked **noodles** and **sauce**. Toss until well combined. Season with **extra soy sauce** to taste.



6. FINISH AND SERVE

Garnish **noodles** with **spring onion tops**, **peanuts** and **hemp hearts**. Serve with **lime wedges**.

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**

