



### 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
	20g	33g	166g

## FROM YOUR BOX

THICK RICE VERMICELLI NOODLES	1 packet
BROCCOLI	1
RED CAPSICUM	1
CARROT	1
SPRING ONIONS	1 bunch
PEANUT BUTTER	2 slugs
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.



### 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 **soy sauce** to taste.



### 6. FINISH AND SERVE

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



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