



Product Spotlight: Hemp Hearts

Hemp hearts are a good source of plant protein. We love them sprinkled over salads and noodles or blended into smoothies!



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



4/6 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
4/6 Person:	21g	17g	129g

FROM YOUR BOX

	4 PERSON	6 PERSON
THICK RICE VERMICELLI NOODLES	2 packets	3 packets
BROCCOLI	1	2
RED CAPSICUM	1	2
CARROT	1	2
SPRING ONIONS	1 bunch	2 bunches
PEANUT BUTTER	3 tubs	5 tubs
LIME	1	2
ROAST PEANUTS AND HEMP HEARTS	1 packet	2 packets

FROM YOUR PANTRY

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

KEY UTENSILS

wok or large frypan, saucepan

NOTES

Whisk or gently warm the sauce to combine. Add a splash of water if needed to loosen.



1. COOK THE NOODLES

Bring a saucepan of water to boil. Add **noodles** and cook for 18–20 minutes or until al dente. Drain, rinse and set aside.



2. PREPARE THE VEGETABLES

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



3. PREPARE THE SAUCE

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

6P – combine **peanut butter** with **zest and juice of 1 lime** (wedge remaining), **2 tsp turmeric**, **1 tsp chilli flakes**, **3 tbsp soy sauce** and **3 tbsp sesame oil**. Stir in **1/2 cup water**.



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**.



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