



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: SO FREO CUISINE

This week's veggie paté comes from So Free Cuisine! They are based in Fremantle and have a focus on organic and locally sourced ingredients from WA.



## 3. PAD THAI NOODLES

Stir fried noodles and vegetables tossed with full flavoured Thai paté from So Free Cuisine. An extra healthy and tasty version of the popular street food.

 30 Minutes

 2-3 Servings

 Plant-based

#### PER SERVE

| PROTEIN | TOTAL FAT | CARBOHYDRATES |
|---------|-----------|---------------|
| 21g     | 40g       | 85g           |

27 April 2020

## FROM YOUR BOX

|                  |                 |
|------------------|-----------------|
| NOODLES          | 1 packet        |
| BROWN ONION      | 1/2 *           |
| GREEN CAPSICUM   | 1/2 *           |
| SUGAR SNAP PEAS  | 1/2 bag (75g) * |
| CARROT           | 1               |
| THAI VEGGIE PATÉ | 1 packet        |
| CORIANDER        | 1/2 packet *    |
| PEANUTS          | 1 packet (50g)  |
| LEMON            | 1/2 *           |

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), pepper, soy sauce (or tamari), sugar (of choice), white wine (or rice wine) vinegar

## KEY UTENSILS

saucepan, frypan

## NOTES

Use rice wine vinegar, palm sugar and peanut oil in the sauce for a more authentic flavour.



### 1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles and cook until al dente. Drain and rinse.



### 2. PREPARE THE SAUCE

Combine **2 tbsp soy sauce**, **2 tbsp vinegar**, **2 tbsp sugar** and **3 tbsp oil** in a bowl (see notes). Set aside.



### 3. PREPARE THE VEGETABLES & PATÉ

Slice onion, capsicum and sugar snap peas. Slice carrot into crescents. Dice veggie paté into cubes.



### 4. COOK THE VEGGIES

Heat a large frypan over medium-high heat with **oil**. Add vegetables to cook for 5 minutes until tender. Add paté and cook tossing for 2-3 minutes.



### 5. TOSS THE NOODLES

Reduce pan heat to low. Add noodles and sauce, toss until well combined. Season with extra **soy sauce** and **pepper** if needed.



### 6. FINISH AND PLATE

Divide noodles among bowls. Garnish with roughly chopped coriander and peanuts. Serve with lemon wedge.