



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



#### PRODUCT SPOTLIGHT: CASHEWS

Cashews are a good source of magnesium which is vital for the healthy development of the body's muscles, bones, tissues and organs.



## 4. SESAME NOODLES

### WITH SWEET CHILLI VEGGIES

 30 Minutes

 2 Servings

 Plant-based

Sweet chilli and garlic veggies with sesame dressed rice noodles, garnished with chopped cashew nuts.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
21g	45g	116g

## FROM YOUR BOX

NOODLES	1 packet
BUTTON MUSHROOMS	200g
SPRING ONIONS	1/4 bunch *
RED CAPSICUM	1/2 *
BABY CORN	1 punnet
GINGER	30g *
GARLIC	1 clove
BABY SPINACH	1/2 bag (100g) *
CASHEWS	1/2 packet (50g) *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

sesame oil, salt, pepper, sweet chilli sauce, rice wine or apple cider vinegar

## KEY UTENSILS

saucepan, frypan

## NOTES

You can use soy sauce or tamari to season the vegetables and noodles for added flavour.



### 1. COOK THE NOODLES

Bring a saucepan of water to boil. Add noodles and cook for 3-4 minutes until tender. Drain, rinse and set aside.



### 2. PREPARE THE VEGETABLES

Slice mushrooms, spring onions and capsicum. Slice corn.



### 3. PREPARE THE NOODLE DRESSING

Peel and grate ginger. Combine with **2 tbsp vinegar** and **3 tbsp sesame oil**. Season with **salt and pepper**.



### 4. COOK THE VEGETABLES

Heat a large frypan over medium-high heat with **1 tbsp sesame oil**. Add prepared vegetables, **1 tbsp sweet chilli sauce** and 1 crushed garlic clove. Cook for 3-4 minutes until tender. Season with **salt and pepper**. Take off heat.



### 5. TOSS THE NOODLES

Toss prepared dressing through noodles and spinach until coated.



### 6. FINISH AND PLATE

Divide noodles among bowls. Top with vegetables and garnish with chopped cashews.