



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

 4 Servings

 Plant-based

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

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
11g	22g	61g

FROM YOUR BOX

NOODLES	1 packet
BUTTON MUSHROOMS	200g
SPRING ONIONS	1/4 bunch *
ZUCCHINI	1
BABY CORN	1 punnet
GINGER	30g *
GARLIC	2 cloves
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.



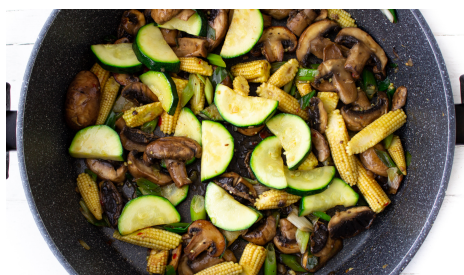
2. PREPARE THE VEGETABLES

Slice mushrooms, spring onions and zucchini. 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, **2 tbsp sweet chilli sauce** and 2 crushed garlic cloves. 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.