




Product Spotlight: Free-range Eggs

Why do we choose free-range? Free-range means that chickens are able to enjoy the outdoors during daylight hours and live on a farm with a low density of chickens per hectare. Therefore we know our delicious eggs come from happy and healthy chickens.




Indonesian Noodles with Crispy Fried Eggs

A quick and flavour-packed noodle stir-fry with cabbage, bean shoots and spring onions tossed in a savoury sauce, topped with crispy fried eggs, fresh coriander and crunchy shallots.

 25 minutes

 Vegetarian

 2 servings

Spice it up!

Add some sweet chilli sauce or fresh sliced chilli to the noodles for a spicy kick! Chopped roasted peanuts or toasted sesame seeds can also be used for garnish.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	29g	19g	69g

FROM YOUR BOX

RAMEN NOODLES	1 packet
SPRING ONIONS	1 bunch
GREEN CABBAGE	1/2
BEAN SHOOTS	1 bag
FREE-RANGE EGGS	6-pack
CHINESE STIR-FRY SAUCE	50ml
LIME	1
CORIANDER	1 packet
FRIED SHALLOTS	20g

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground coriander, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

Extra oil helps create crispy edges on the eggs. Use less oil for a softer fry, or scramble them if preferred.

If the noodles are stuck together you can rinse them with cold water to help them separate.

No gluten option - noodles are replaced with GF rice noodles. Add noodles to boiling water. Cook for 18–20 minutes or until tender. Drain and rinse well with cold water to stop the cooking process.



1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook according to packet instructions or until tender. Drain and rinse well with cold water to stop the cooking process.



2. PREPARE THE VEGETABLES

Slice **spring onions** into 2–3cm lengths. Chop **cabbage** (use to taste). Set aside with **bean shoots**.



3. FRY THE EGGS

Heat a large frypan or wok with **2 tbsp oil** over medium–high heat (see notes). When oil is hot, crack in **2 eggs** to fry to fry (cook in batches). Use a spoon to carefully ladle oil over top of **eggs** to help crisp the top. Remove to a plate lined with paper towel once cooked to your liking. Repeat with **2 more eggs**.



4. COOK THE STIR-FRY

Add **prepared vegetables** to pan along with **2 tsp ground coriander**. Cook for 2–3 minutes until wilted.



5. TOSS THE NOODLES

Toss in cooked **noodles** and **Chinese stir-fry sauce** (see notes). Squeeze in **1/2 lime juice** and season with **1–2 tsp soy sauce** and **pepper**.



6. FINISH AND SERVE

Divide **noodles** among bowls. Top with **crispy fried egg**. Chop **coriander** and use to garnish along with **fried shallots**. Serve with **lime wedges**.

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