



### Product Spotlight: Cucumber

The cucumber can certainly help you stay hydrated as 96% consists of water! All that water in the cucumber acts as a virtual broom, sweeping waste products and toxins out of your system.



## Mee Goreng with Sunny Eggs

Stir-fried noodles with a curry base sauce, veggies and sunny fried eggs. Garnished with fresh cucumber for extra crunch.



20 minutes



2 servings



Vegetarian

## Scrambled eggs

*Instead of serving with fried eggs, you can scramble them and toss through the noodles.*

Per serve:	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	28g	13g	81g

## FROM YOUR BOX

EGG NOODLES	1 packet
BROWN ONION	1
TOMATO	1
GREEN CABBAGE	1/2
FREE-RANGE EGGS	6-pack
CURRY SPICE MIX	1 sachet
TOMATO SAUCE	2 jars
LEBANESE CUCUMBER	1

## FROM YOUR PANTRY

oil for cooking (see notes), soy sauce (or tamari)

## KEY UTENSILS

saucepan, large frypan or wok

## NOTES

Use sesame oil for even more flavour! You can add some chilli or sweet chilli sauce as well.

**No gluten option - wheat noodles are replaced with rice noodles.** Cook in boiling water until tender. Rinse well in cold water.



### 1. COOK THE NOODLES

Bring a saucepan of water to a boil. Cook the noodles according to packet instructions. Drain and rinse with cold water.



### 2. PREPARE THE VEGGIES

Slice onion, wedge tomato and roughly chop cabbage.



### 3. FRY THE EGGS

Heat a large frypan over medium-high heat with **oil**. Crack in 2-4 eggs and cook to your liking. Remove to a plate and keep pan over heat.



### 4. COOK THE VEGGIES

Add onion to pan and cook for 2 minutes. Add Asian greens and tomato, cook for further 3-4 minutes or until softened to your liking.



### 5. TOSS THE NOODLES

Add **2 tbsp water** to pan along with 1/2 sachet curry spice mix, tomato sauce, **2 tbsp soy sauce** and **1 tbsp oil**. Combine well then toss in noodles to coat.



### 6. FINISH AND SERVE

Slice cucumber.

Serve noodles topped with fried egg and fresh cucumber.



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