



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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



4/6 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
	19g/25g	11g/14g	39g/49g
4/6 Person:			

## FROM YOUR BOX

	4 PERSON	6 PERSON
RAMEN NOODLES	1 packet	2 packets
SPRING ONIONS	1 bunch	2 bunches
GREEN CABBAGE	1/2	1/2
BEAN SHOOTS	1 bag	1 bag
FREE-RANGE EGGS	6-pack	2 x 6-pack
CHINESE STIR-FRY SAUCE	100ml	100ml + 50ml
LIME	1	2
CORIANDER	1 packet	2 packets
FRIED SHALLOTS	20g	2 x 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** – egg 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**. 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 **2-3 eggs** 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 **remaining eggs**.



### 4. COOK THE STIR-FRY

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

**6P** – use **1 tbsp ground coriander**.



### 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**.

**6P** – season with **1/2-1 tbsp soy sauce**.



### 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**.

**How did the cooking go?** Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.  
**Something not right?** Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

