



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



4 servings



Vegetarian

Scrambled eggs

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	22g	10g	68g

FROM YOUR BOX

EGG NOODLES	1 packet
BROWN ONION	1
TOMATOES	2
GREEN CABBAGE	1/2
FREE-RANGE EGGS	6-pack
CURRY SPICE MIX	1 sachet
TOMATO SAUCE	3 jars
LEBANESE CUCUMBERS	2

FROM YOUR PANTRY

oil for cooking, 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 tomatoes and roughly chop cabbage.



3. FRY THE EGGS

Heat a large frypan over medium-high heat with **oil**. Crack in 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 cabbage and tomatoes, cook for further 3-4 minutes or until softened to your liking.



5. TOSS THE NOODLES

Add **1/4 cup water** to pan along with curry spice mix, tomato sauce, **3 tbsp soy sauce** and **2 tbsp oil**. Combine well then toss in noodles to coat.



6. FINISH AND SERVE

Slice cucumbers.

Serve noodles topped with fried egg and fresh cucumber.



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