



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Free-Range Eggs

Keep your eggs in the cardboard container they came in. This will prevent them from losing moisture and absorbing the flavours of other foods in the fridge. The carton can be disposed of in your compost bin after the labels are removed!



Nearly Instant Noodles with Fried Eggs

A fast, fresh stir-fry loaded with springy noodles, crisp veggies, savoury hoisin sauce, and golden fried eggs, delivering big flavour with minimal effort, perfect for a busy weeknight.



25 minutes



Vegetarian



4/6 servings

Spice it up!

Add a drizzle of chilli oil or crispy chilli crunch before serving for heat and richness. Finish with a squeeze of lime, a sprinkle of white pepper and fresh herbs like coriander or Thai basil for a more punchy, restaurant-style finish.

Per serve :	PROTEIN	TOTAL FAT	CARBOHYDRATES
	23g	21g	47g

FROM YOUR BOX

	4 PERSON	6 PERSON
EGG NOODLES	300g	300g + 150g
GARLIC CLOVES	2	3
ASIAN GREENS	1 bunch	2 bunches
SNOW PEAS	250g	250g + 150g
CARROTS	2	3
SPRING ONIONS	1 bunch	1 bunch
FREE-RANGE EGGS	6-pack	2x 6-pack
HOISIN SAUCE	100ml	100ml + 50ml
SALTED ROASTED PEANUTS	40g	2x 40g

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce

KEY UTENSILS

large frypan, saucepan

NOTES

Use sesame oil to cook vegetables for a fuller flavour.

Use a hot wok to get smoky "wok hei" char on the noodles and vegetables.

No gluten option – egg noodles are replaced with rice noodles. Cook according to packet instructions or until tender.



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1. COOK THE NOODLES

Bring a saucepan of water to a boil. Add **noodles** and cook for 2 minutes or until tender. Drain and rinse well with cold water to stop the cooking process.



2. PREPARE THE VEGETABLES

Crush **garlic**, slice **Asian greens** and **spring onions** (reserve sliced green tops for garnish), trim and slice **snow peas** and use a vegetable peeler to julienne **carrot**.



3. COOK THE EGGS

Heat a large frypan over medium-high heat with **oil**. Crack **eggs** (in batches if necessary) into pan and cook to your liking. Remove to a plate and keep pan over heat for step 4.



4. COOK THE VEGETABLES

Add extra **oil** (see notes) to reserved frypan if necessary. Add **onion** and **garlic**, stir fry for 1 minute. Add **asian greens**, **snow peas** and **carrot**. Stir fry for a further 2-4 minutes until **vegetables** are tender.



5. TOSS NOODLES & SAUCE

Add **noodles**, **hoisin sauce**, **2 tbsp soy sauce** and **1/4 cup water** to **vegetables**. Stir fry for 1 minute or until combined and **sauce** is warmed through. Season to taste with **soy sauce** and **pepper**.

6P – add **3 tbsp soy sauce** and **1/3 cup water** to **sauce**.



6. FINISH AND SERVE

Roughly chop **peanuts**.

Divide **noodles** among bowls. Top with **fried eggs**, **peanuts** and **spring onion green tops**.

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