



Charred Broccoli Noodles

A simple and flavourful noodle stir-fry with smoky charred broccoli, tender eggplant, and aromatic ginger-garlic sauce, finished with crunchy cashews for texture.



30 minutes



2 servings



Vegetarian

FROM YOUR BOX

BROCCOLI	1
EGG NOODLES	150g
GINGER	1 piece
GARLIC CLOVE	1
BROWN ONION	1
EGGPLANT	1
ROASTED CASHEWS	1 packet

FROM YOUR PANTRY

oil for cooking, soy sauce or tamari, rice wine or apple cider vinegar, dried chilli flakes (optional)

NOTES

If the noodles are stuck together, rinse them with cold water to loosen before adding to the stir fry.

You can add fried egg on top for extra protein. Toss in sliced capsicum, shredded cabbage or julienned carrot for extra veggies.

No gluten option – egg noodles are replaced with rice noodles.

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1. COOK THE NOODLES AND BLANCH BROCCOLI

Bring a saucepan of water to boil. Cut **broccoli** into small florets and blanch for 2 minutes. Remove with a sieve or tongs and set aside. Add **noodles** to boiling water and cook according to packet instructions. Drain and set aside.

TIP *Toss drained noodles with sesame oil to prevent sticking.*

2. PREPARE THE STIR-FRY

Peel and grate **ginger**. Crush **garlic**. Combine both in a bowl with **1/4 cup soy sauce, 2 tbsp vinegar, 2 tbsp oil, and 1 tsp chilli flakes** (if using). Slice **onion** and cut **eggplant** into angular 2–3 cm pieces.

TIP *If you like a sweeter sauce, add 1 tsp honey or brown sugar. For a creamy peanut sauce, stir in 2 tbsp peanut butter and 1 tbsp water.*

3. COOK THE STIR FRY

Heat a wok or large frypan over high heat with **oil**. When pan is smoking hot, add **onion** and **eggplant** (use to taste), cooking until slightly charred (5 mins). Move to side, add **oil**. Toss in **broccoli** and stir-fry for 2–3 minutes. Add **noodles** and **prepared sauce**, tossing until well combined (see notes).

TIP *Use sesame oil for extra fragrance.*

4. FINISH AND SERVE

Roughly chop **cashews** and sprinkle over the **noodles**. Serve at the table.

TIP *Garnish with sesame seeds, sliced spring onions, fresh coriander, or a squeeze of lime.*

This recipe has simplified instructions to help lower your meal cost.